

# NATURALOPY

PRECEPT 12

# LOVE





# NATURALOPY

## CELEBRATING HUMANITY

Since time immemorial, our ancestors have gone to great lengths to fabricate myths and fables to answer the six primary existential questions of life:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

For thousands of years, the East Indians, Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past have conjured fairy tales of a god or group of gods to justify their existence. We now look at their abandoned gods and think how naive and backward our ancestors must have been.

Today, the Christians, Jews, and Muslims hold steadfast to the idea that an omnipotent figure created the Universe and Earth 6,000 - 10,000 years ago. And that all humans were seeded by Adam and Eve in the Garden of Eden somewhere in modern day Iran or Iraq. These beliefs persist despite the fact that science has refuted and disclaimed those assertions with empirical evidence—evidence that can be verified by anyone willing to do the research. Most don't, thus the perpetual conflict between the Christians, Jews, and Muslims.

The Universe is roughly 13.8 billion years old; the Earth 4.6 billion years old; Humans are the product of evolution, 4.3 billion years in the making.

There is no need to attribute to the gods what Humanity has achieved.

**Naturalopy (naCHərə lō pē)**

noun

1. The philosophy of adopting universal knowledge and collective wisdom from historical and contemporary sources to form a belief system.
2. The Naturalopian belief system, founded on the shared knowledge and experiences of Humanity; modern philosophy; natural philosophy.

**Naturalopian (naCHərə lō pist)**

noun

1. One who believes in universal knowledge and collective wisdom as a basis for her or his moral guidelines and belief system; naturalist; spiritualist.
2. One who embraces the 20 Naturalopian Precepts as a guideline for a worldview; acknowledges the law of cause and effect.
3. One who adopts preeminent ideologies and philosophies regardless of their origin; objective mindset.

**Naturalopian (naCHərə lō pik)**

adjective

Of or relating to the precepts of Naturalopy; collective knowledge, objectivity, cause and effect, empirical evidence, spirituality, transparency, natural philosophy, Nature; equality before the Law, beneficial to Humanity.

# The 20 Precepts of Naturalopy

## **Precept** (pre sept)

noun

A rule, directive, or principle that guides one's actions, particularly as pertains to moral conduct.

Naturalopy is structured into 20 primary precepts, most of them with supporting precepts.

1. Freewill	11. Happiness
2. Karma	12. Love
3. Simplicity	13. Dreams
4. Health	14. Wisdom
5. Spirituality	15. Success
6. Compassion	16. Suffering
7. Purpose	17. Forgiveness
8. Virtue	18. Salvation
9. Attitude	19. Liberty
10. Character	20. Time

When taken as a whole and expanded in detail, the Naturalopic framework of 20 precepts is more comprehensive in scope than any single religion or philosophy because it embraces all available knowledge.

Life can be complex, therefore our moral guidelines and belief system are only complete, accurate, and objective when they're derived from multiple historical and contemporary sources, regardless of their origin.

Life did not come with a manual. Life is a learning process. We make mistakes; we are not sinners. The better choices we make, the higher our quality of life. But we can only make better choices when we are enlightened...

# NATURALOPY

PRECEPT 12  
LOVE



## PRECEPT 12

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# LOVE

### **love**

affection, fondness, adulation

1. An intense feeling of affection and care towards another person.
2. A deep or abiding liking for something.
3. A profound and caring attraction towards someone.

In order to truly love someone, we must learn to love ourself first—we can only give to others what we have. When a person is incapable of loving anyone, it means they're incapable of loving themself. This person needs to learn to accept themself for who they are and be honest with their shortcomings. Remember, no one is perfect, so we should learn to accept our imperfections and quirks. We are unique because of them.

Again, we must love ourself first in order to give love to another person. When we know how to treat ourself right and lovingly, loving another person is easier, even second nature.



Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.



Lucille Ball

You, Yourself, as much as anybody in the entire universe, deserve your love and affection.



Buddha

We come to love not by finding a perfect person, but by learning to see an imperfect person perfectly.



Sam Keen

never  
never  
give  
up

Naturalopist

Hard times reveal true friends. Remember the three types of people in life:

1. Those who helped you in difficult times.
2. Those who put you difficult times.
3. Those who left you in difficult times.

Love all three, because a mature person will recognize that they're the same person: me, myself, and I.

If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing.



Corinthians 13:2

Talk to yourself like you would to someone you love.



Brene Brown



If you would be loved, love and be lovable.

Benjamin Franklin

Naturalopist

I believe in karma. What you give is what you get in return. I believe you can't appreciate real love until you've been burned.



You have to love yourself because no amount of love from others is sufficient to fill the yearning that your soul requires from you.



Dodinsky

A happy marriage is the union of two good forgivers.



Robert Quillen

So it's not gonna be easy. It's gonna be really hard. We're gonna have to work at this every day, but I want to do that because I want you. I want all of you, forever, you and me, every day.



Ryan Gosling

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.



Lao Tzu



A man must first find himself before he finds his woman, or he'll damage whatever woman he comes in contact with along the way.

Naturalopist

Your greatest task isn't to find love, but to discover and destroy all the barriers within yourself that you have built against it.



Naturalopist

Through my love for you, I want to express my love for the whole cosmos, the whole of humanity, and all beings. By living with you, I want to learn to love everyone and all species. If I succeed in loving you, I will be able to love everyone and all species on Earth. This is the real message of love.



Thich Nhat Hanh

My first commandment is: thou shall look into the mirror and love what thou see.



Dr. Phil

You know you're in love when you can't fall asleep because reality is finally better than your dreams.



Dr. Seuss

when you love someone  
you are scared of getting hurt  
and you will get hurt



Brandon Scott Gorrell

Take into account that great love and great achievements involve great risk.



Dalai Lama XIV

When I accept myself, I am freed from the burden of needing you to accept me.



Steve Maraboli



Don't fall in love with someone who says the right things, fall in love with someone who does the right things.

Robert Tew

I think I fall in love a little bit with anyone who shows me their soul. This world is so guarded and fearful. I appreciate rawness so much.



Emery Allen



Love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise, we love only the reflection of ourselves we find in them.

Naturalopist

When you have nobody you can make a cup of tea for, when nobody needs you, that's when I think life is over.



Audrey Hepburn



When the power of love is greater than the love of power, then the world will know peace.

Jimi Hendrix



Marriage is not 50-50; divorce is 50-50. Marriage has to be 100-100. It isn't dividing everything in half, but giving everything you've got.

Dave Willis



The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them.

Thomas Merton



If in your darkest hours, someone kisses your wounds, unpacks your baggage, looks at where you've been damaged, and lets their love shine through those cracks, you would love that person to death and until death. So, why not do those things to someone you want to love? They would love you to death and until death.

Trung Nguyen



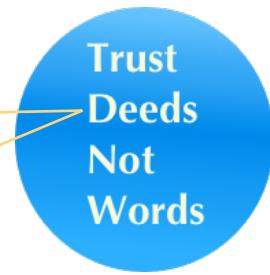
Love is of all passions the strongest, for it attacks simultaneously the head, the heart, and the senses.

Lao Tzu

Never fall in love with potential—that someday the person you’re interested in will become a popular athlete, rockstar, tycoon, or celebrity. And for the sake of your life-long happiness, avoid the smooth talker who says all the right things and promises you the moon.

Never trust words because most turn out to be empty promises.

Trust the present. Trust action.



Naturalopist

Just as one candle lights another and can light thousands of other candles, so one heart illuminates another heart and can illuminate thousands of other hearts.



Leo Tolstoy



Love is when the other person's happiness is more important than your own.

H. Jackson Brown, Jr.



Even the rich are hungry for love, for being cared for, for being wanted, for having someone to call their own.

Mother Teresa



You never lose by loving. You always lose by holding back.

Barbara de Angelis



Only when you're comfortable spending time with yourself will you know if you're choosing someone out of love or loneliness.

Naturalopist



If a woman doesn't chase a man a little, she doesn't love him.

Edgar Watson Howe



When you plant a seed of love,  
it is you who blossoms.

Ma Jaya Sati Bhagavati

If you love someone, set them free. If they come back they're yours; if they don't they never were.



Richard Bach

It doesn't matter what we do until we accept ourselves. Once we accept ourselves, it doesn't matter what we do.



Charly Heavenrich

The more anger towards the past you carry in your heart, the less capable you are of loving in the present.



Barbara de Angelis

Let no one enter your inner kingdom unless they come with love.



Wayne Dyer

Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowances for human weaknesses.



Ann Landers

A woman's highest calling is to lead a man to his soul so as to unite him with Source. A man's highest calling is to protect woman so she is free to walk the earth unharmed.



Cherokee Proverb

Love is made up of three unconditional properties in equal measure: acceptance, understanding, and appreciation. Remove any one of the three and the triangle falls apart. Which, by the way, is something highly inadvisable. Think about it—do you really want to live in a world of only two dimensions? So, for the love of a triangle, please keep love whole.



Vera Nazarian



Self-care is not self-fish. You cannot serve from an empty vessel.

Eleanor Brownn



I don't have time to worry about who doesn't like me. I'm too busy loving the people who love me.

Naturalopist



Love does not consist in gazing at each other, but in looking outward together in the same direction.

Antoine de Saint-Exupery



When someone else's happiness is your happiness. That's love.

Lana Del Rey

Keep love in your heart. A life without it is like a sunless garden when flowers are dead.



Oscar Wilde

When asked how they managed to stay together for 65 years, the wife replied, "We were born in a time when if something was broke, you fixed it, not throw it away."



Naturalopist

Because one believes in oneself, one doesn't try to convince others. Because one is content with oneself, one doesn't need others' approval. Because one accepts oneself, the whole world accepts him or her.



Lao Tzu

People were created to be loved. Things were created to be used. The reason why the world is in chaos is because things are being loved, and people are being used.



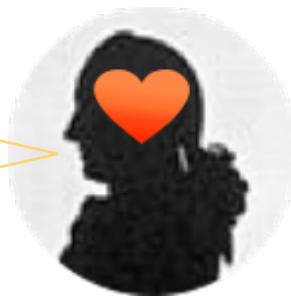
Naturalopist



The love that you withhold is the pain that you carry.

Alex Collier

The brain is the most outstanding organ. It works 24 hours a day, 365 days a year, right from your birth, until it falls in love.



Naturalopist



No one is born hating another person because of the colour of his skin, his background, or his religion. People learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.

Nelson Mandela

Carl Sagan

For small creatures such as we, the vastness is bearable only through love.



True love is hard work and sometimes hard work is painful.



Motherly Advice



Great couples understand that there is nothing like “I win, you lose” in marriage. We are teammates playing on the same side. When you win, I win. When you lose, I lose.

Kalu Igwe

Love is when you take away the feeling, the passion, and the romance in a relationship and find out that you still care for that person.



Naturalopist



You must love in a way that the person you love feels free.

Thich Nhat Hanh

The purpose of a relationship is not to have another who might complete you; but to have another with whom you might share your completeness.



Neal Donald Walsch

Be careful who you start dating. A lot of people aren't looking for LOVE, they're looking for HELP.



Motherly Advice

It's beautiful when you find someone that is in love with your mind. Someone who wants to undress your conscience and make love to your thoughts. Someone who wants to watch you slowly take down all the walls you've built up around your mind and let them inside.



Naturalopist

**Let Go.**

One of the most courageous decisions you'll ever make is to finally let go of what is hurting your heart and soul.

Brigette Nicole



Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.

Rumi



Behind every happy couple are two people who have fought hard to overcome all obstacles and interference to be that way. Why? Because it's what they wanted.

Kim George

Love is like a knife, it can stab the heart or it can carve wonderful images into the soul that will last a lifetime.



Naturalopist

According to Greek mythology humans were originally created with 4 arms, 4 legs, and a head with 2 faces. Fearing their power, Zeus split them into two separate parts, condemning them to spend their lives in search of their other halves.



Greek Mythology



Love is a partnership of two unique people who bring out the very best in each other and who know that even though they are wonderful as individuals, they are even better together.

Barbara Cage



You've been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.

Louise Hay



Everyone comes with baggage.

Find someone who loves you enough to help you unpack.

Naturalopist



The best kind of people are the ones who come into your life, and make you see the Sun where you once saw clouds. The people who believe in you so much, you start to believe in you, too. The people who love you, simply for being you. The once in a lifetime kind of people.

Naturalopist

## FEAR AND LOVE

There are two basic motivating forces: fear and love.

When we are afraid, we pull back from life.

When we are in love, we open to all that life has to offer with passion, excitement, and acceptance.

We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create.

Evolution and all hope for a better world rest in the fearlessness and open-hearted vision of people who embrace life.



**John Lennon**

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# INTIMACY

## **intimacy**

friendship, understanding, communion, confidence, closeness, connection

1. Feeling or atmosphere of closeness and openness towards someone, not necessarily involving sexuality.

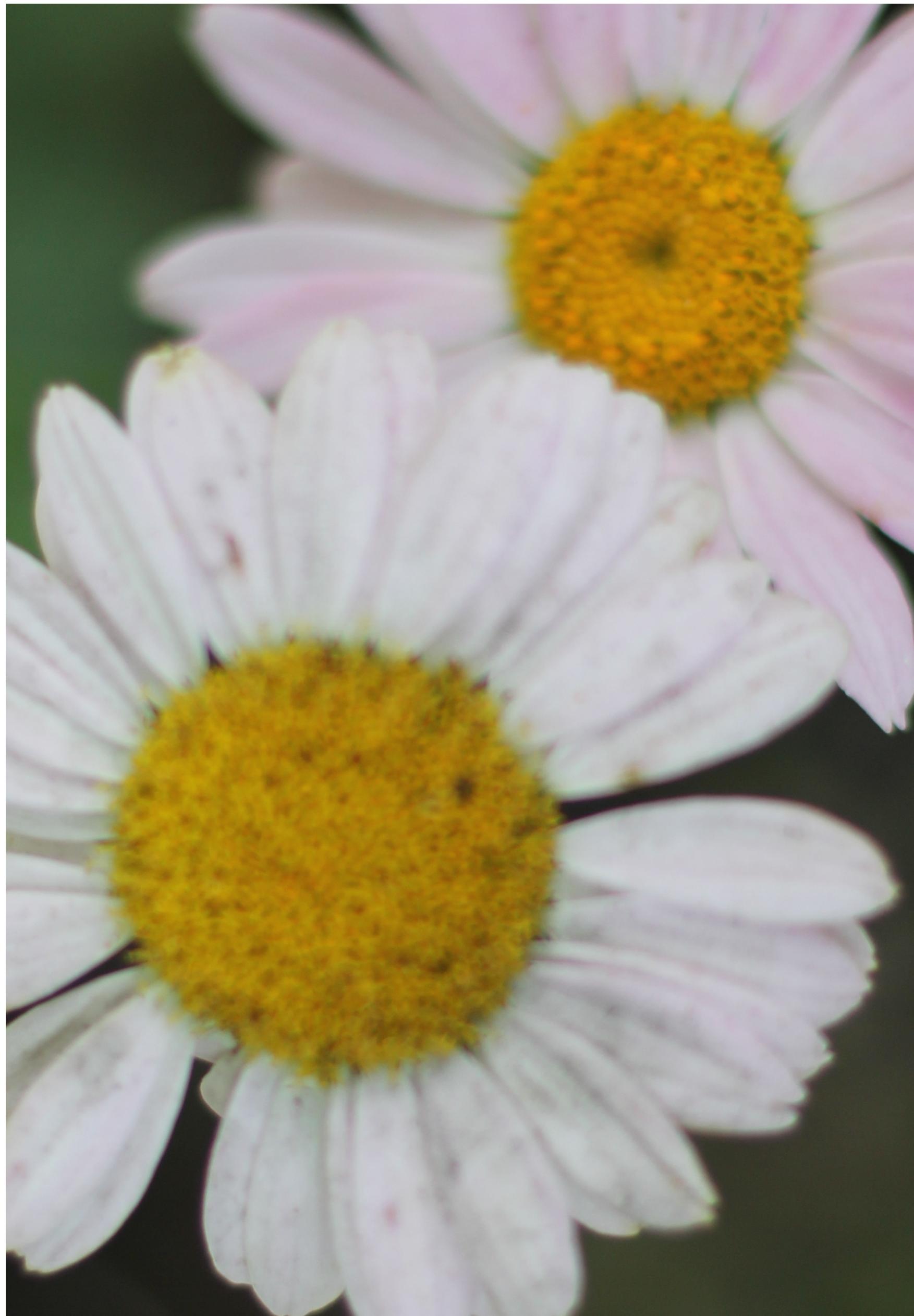
Intimacy is being candid with our feelings, hopes, and dreams without fear of being judged. If the people we are sharing ourself with are judgmental, then an atmosphere of intimacy cannot exist. Conversely, if we want others to be intimate with us, we must withhold judgment. Remember, life is a learning, we are not sinners. We make mistakes, and through those mistakes we grow. We all make mistakes, and grow.

Before we can become intimate with others, we must first be comfortable in our own skin—accept everything about we are and especially our past. A person with secrets is incapable of being intimate. Remember, we are only as sick as our secrets. The secrets we keep hidden eventually become the death of our spiritual life. Therefore, honesty and openness are important conditions for intimacy.

According to psychologist Ms. Niveen Rizkalla, there are four kinds of intimacies:

- emotional intimacy,
- intellectual intimacy,
- social and recreational intimacy, and
- sexual intimacy.

Emotional intimacy is sharing our feelings; intellectual intimacy is sharing our ideas, hopes, and dreams; social and recreational intimacy is connecting at the social level; and sexual intimacy is self-explanatory. All of them require a social interaction. Therefore, intimacy is the ability to connect with others on different levels.





Real intimacy is only possible to the degree that we can be honest about what we are doing and feeling.

Joyce Brothers

Intimacy is not a happy medium. It is a way of being in which the tension between distance and closeness is dissolved and a new horizon appears. Intimacy is beyond fear.



Henri Nouwen

In my mind, marriage is a spiritual partnership and union in which we willingly give and receive love, create and share intimacy, and open ourselves to be available and accessible to another human being in order to heal, learn and grow.



Iyanla Vanzant

Let someone love you just the way you are—as flawed as you may be, as unattractive as you sometimes feel, and as unaccomplished as you think you are. To believe that you must hide all the parts of you that are broken, out of fear that someone else is incapable of loving what is less than perfect, is to believe that sunlight is incapable of entering a broken window and illuminating a dark room.



Marc Hack

It is not time or opportunity that is to determine intimacy; it is disposition alone. Seven years would be insufficient to make some people acquainted with each other, and seven days are more than enough for others.



Jane Austen

Even in the best relationship, with the most genuine person, it takes time for us to be convinced that it is safe to let our guard down.



Matthew Kelly

As soon as the love relationship does not lead me to me, as soon as I in a love relationship do not lead another person to himself, this love, even if it seems to be the most secure and ecstatic attachment I have ever experienced, is not true love. For real love is dedicated to continual becoming.



Leo Buscaglia

When love has been wounded; trust, reassurance, honesty, and intimacy, in abundance, are the only known cures.



Naturalopist

Intimacy is not purely physical. It's the act of connecting with someone so deeply that you feel like you can see into their souls.



Simi Ngr

Among men, sex sometimes results in intimacy; among women, intimacy sometimes results in sex.



Barbara Cartland



Bill Hybels

For a marriage relationship to flourish, there must be intimacy. It takes an enormous amount of courage to say to your spouse, “This is me. I’m not proud of it—in fact, I’m a little embarrassed by it—but this is who I am.”

Passion can never purchase what true love desires: true intimacy, self-giving, and commitment.



Naturalopist

Passion is the quickest to develop, and the quickest to fade. Intimacy develops more slowly, and commitment more gradually still.



Robert Sternberg



The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.

Carl Jung



You will manage to keep a woman in love with you, only for as long as you can keep her in love with the person she becomes when she is with you.

C. JoyBell C.

A gentleman will open doors, pull out chairs, and carry things. Not because she's helpless or unable, but because he wants to show her that she is valuable and worthy of respect.



Naturalopist

True intimacy is a human constant. People of all types find it equally hard to achieve, equally precious to hold. Age, education, social status, make little difference here; even genius does not presuppose the talent to reveal one's self completely and completely absorb one's self in another personality. Intimacy is to love what concentration is to work: a simultaneous drawing together to attention and release of energy.



Robert Grudin

There's nothing more intimate in life than simply being understood. And understanding someone else.



Brad Meltzer

When two people respect each other, the ability to be vulnerable and to reveal hurt feelings can create a powerful emotional connection that is the source of real intimacy and friendship.



Naturalopist



True intimacy is the experience of real acceptance and authentic vulnerability without feeling the need to apologize or fear rejection. The freedom to just be and know it's all good.

Jordan Blake Michiels

## SHALL I COMPARE THEE TO A SUMMER'S DAY?

Shall I compare thee to a summer's day?  
Thou art more lovely and more temperate:  
Rough winds do shake the darling buds of May,  
And summer's lease hath all too short a date:  
Sometime too hot the eye of heaven shines,  
And often is his gold complexion dimm'd;  
And every fair from fair sometime declines,  
By chance, or nature's changing course, untrimm'd;  
But thy eternal summer shall not fade  
Nor lose possession of that fair thou ow'st;  
Nor shall Death brag thou wander'st in his shade,  
When in eternal lines to time thou grow'st;  
So long as men can breathe or eyes can see,  
So long lives this, and this gives life to thee.



**William Shakespeare**

## HOW DO I LOVE THEE?

How do I love thee? Let me count the ways.  
I love thee to the depth and breadth and height  
My soul can reach, when feeling out of sight  
For the ends of Being and ideal Grace.  
I love thee to the level of everyday's  
Most quiet need, by sun and candle-light.  
I love thee freely, as men strive for Right;  
I love thee purely, as they turn from Praise.  
I love thee with a passion put to use  
In my old griefs, and with my childhood's faith.  
I love thee with a love I seemed to lose  
With my lost saints, —I love thee with the breath,  
Smiles, tears, of all my life! —and, if God choose,  
I shall but love thee better after death.



**Elizabeth B. Browning**

# RELATIONSHIP

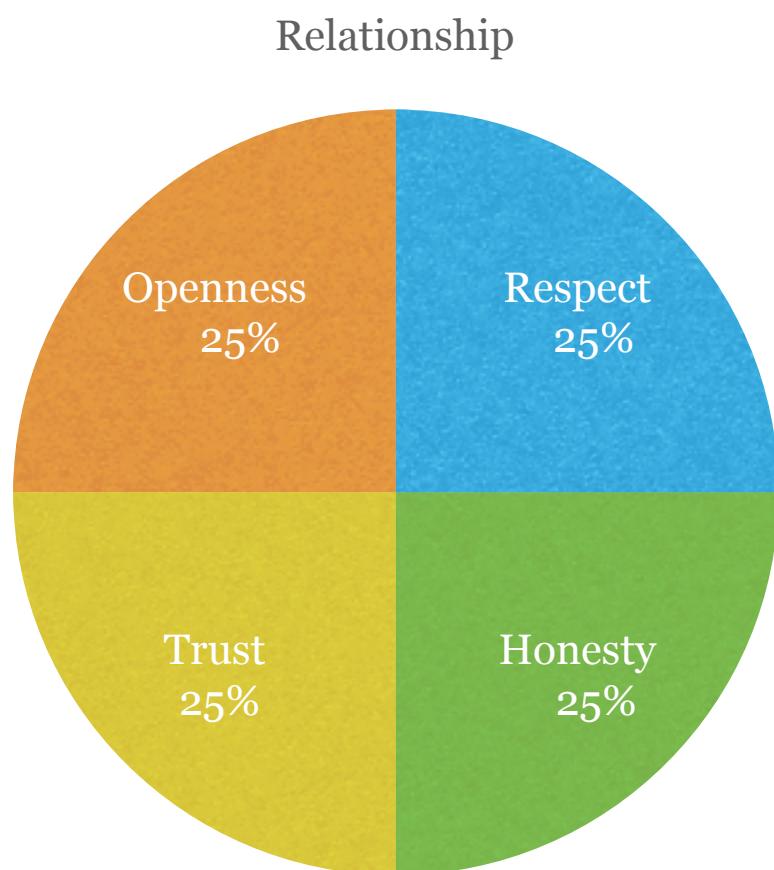
## relationship

bond, link, association, communication, rapport, alliance, kinship, accord

1. Connection or association; the condition of being related.
2. A way in which two or more people behave and are involved with each other.

Things do not hurt people; people hurt people. Things do not love people; people love people. It is our relationship with people that determines how fulfilling our life could become.

The underpinning of a healthy relationship is effective communication. The things that hinder effective communication are assumptions, innuendos, and dishonesty.



The key is to keep company only with people who uplift you, whose presence calls forth your best.



Epictetus

A friend is a single soul dwelling in two bodies.



Aristotle

A friend is one to whom one may pour out the contents of one's heart, chaff and grain together, knowing that gentle hands will take and sift it, keep what is worth keeping, and with a breath of kindness, blow the rest away.



George Eliot

Let no one ever come to you without leaving better and happier.



Mother Teresa

Detach yourself from self-esteem suckers. Toxic relationships deter your success and stunt your happiness. Surround yourself with people who respect and love you!



Charlene Johnson



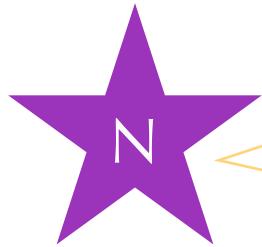
If you make friends with yourself, you will never be alone.

Maxwell Maltz

Choose your life's mate carefully. From this one decision will come 90 percent of your happiness or misery.



H. Jackson Brown, Jr.



You want to surround yourself with people who inspire you and make you a better person. At some point you have to accept that there are people not worth your time and energy; identify who those people are and remove them from your life.

Naturalopist

When a friend is in trouble, don't annoy him by asking if there is anything you can do. Think up something appropriate and do it.



Edgar Watson

You cannot change the people around you. But you can change the people that you choose to be around.



Motherly Advice

The principal contributor to loneliness in this country is television. What happens is that the family "gets together alone."



Ashley Montagu



Sometimes you have to burn a few bridges to keep the crazies from following you.

Naturalopist



Be true to your work, your word, and your friends.

Henry David Thoreau



Treasure your relationships,  
not your possessions.

Anthony J. D'Angelo



From the backstabbing co-worker to the meddling sister-in-law, you are in charge of how you react to the people and events in your life. You can either give negativity power over your life or you can choose happiness instead.

Anais Nin



Being single is smarter than being in a wrong relationship.

Naturalopist



Some people come in your life as blessings.  
Others come in as lessons.

Mother Teresa



You needn't love your enemy, but if you refrain from telling lies about him, you are doing well enough.

Edgar Watson Howe



No company is preferable to bad. We are more apt to catch the vices of others than virtues, as disease is far more contagious than health.

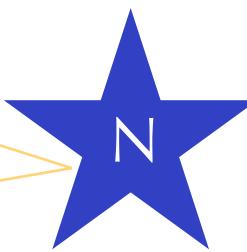
Charles Caleb Colton

Naturalopist



Drama doesn't walk into your life out of nowhere. You either create it, invite it, or associate with people who bring it.

Did you know the three hardest things to say are “I love you”, “I'm sorry”, and “help me”?



Naturalopist

Surround yourself with only people who are going to lift you higher.



Oprah Winfrey

Our first responsibility in relationship is, therefore, to be true to ourselves. From this flows our responsibility to help the people we love to be true to themselves. The more authentic we are within ourselves, the more authentic we can be with those we love.



Matthew Kelly



You are only going to be as good as the people you surround yourself with. So be brave enough to let go of those who keep weighing you down.

Naturalopist



Evaluate the people in your life; then promote, demote, or terminate. You're the CEO of your life!

Motherly Advice

The longest distance between two people is misunderstanding.

Naturalopist



When a man realizes that his woman is a teammate, not an opponent, that's when his life changes. Don't break her down. Build her up and let her help you win!



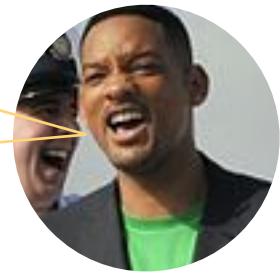
Tony Gaskins



As you move forward in life, you may need to change your circle of friends. Everyone around you isn't interested in seeing you improve.

Naturalopist

Don't chase people. Be yourself, do your own thing, and work hard. The right people—the ones who really belong in your life—will come to you. And stay.



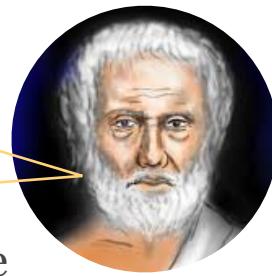
Will Smith



Each friend represents a world in us, a world not born until they arrive, and it is only by this meeting that a new world is born.

Anais Nin

Without friends no one would choose to live, though he had all other goods.



Aristotle

An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind.



Buddha

No person is your friend who demands your silence, or denies your right to grow.



Alice Walker

If you have your nose in other people's lives all the time, chances are:

- a) you don't have much of a life yourself,
- b) you are unsatisfied with your life, or
- c) both a and b.



Mallerie Ungvarsky

When you have to compromise yourself or your morals for the people around you, it's time to change the people around you.



Naturalopist

Sometimes there are people in our lives who seem to have pressed the self-destruct button, they make one bad decision after another and seem to create chaos and heartbreak all around. We really do love them but we really cannot help them and that's a frustrating and sad place to be. And so, we begin to emotionally and often even physically love them from a distance. We let go so that we can share our light and love with those who are able to receive it. And we let go so that the love and light that surrounds us can be received.



Paul Boynton

Choose your friends wisely. They will make or break you.



J. Willard Marriott

Keep your friends close, but your enemies closer.



Chinese Proverb

Only to the degree that we are made whole will our lifestyle, our actions, our behaviors, our attitudes, and our relationships be wholesome.



Dick Innes

I have learned that only two things are necessary to keep one's wife happy. First, let her think she's having her own way. And second, let her have it.



Naturalopist



Far too many people are looking for the right person, instead of trying to be the right person.

Gloria Steinem



When you allow the wrong people in your house, stuff will end up missing, such as joy, peace, love, hope, and faith. Yes, the wrong people steal these things!

Naturalopist



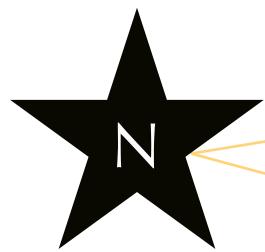
Hurt people hurt people. That's how pain patterns get passed on, generation after generation after generation. Break the chain today. Meet anger with sympathy, contempt with compassion, cruelty with kindness. Greet grimaces with smiles. Forgive and forget about finding fault. Love is the weapon of the future.

Yehuda Berg



A well-tailored suit is to women what lingerie is to men.

Naturalopist



Naturalopist

Some people won't love you no matter what you do. Some people won't stop loving you no matter what you do. Go where the love is!



Motherly Advice



Naturalopist

Good relationships don't just happen. They take time, patience, and two people who truly want to be together.



I want to be around people that do things. I don't want to be around people anymore who judge or talk about what people do. I want to be around people who dream. And support. And do things.

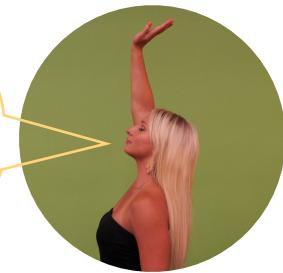
Amy Poehler

If you reveal your secrets to the wind, you should not blame the wind for revealing them to the trees.



Kahlil Gibran

You have to learn to say no without feeling guilty. Setting boundaries is healthy. You need to learn respect and take care of yourself.



Naturalopist

The greatest prison people live in is the fear of what other people think.



David Icke



Listening is a silent way of saying, “You're my friend.”

Naturalopist

You can make more friends in two months by becoming really interested in other people than you can in two years by trying to get other people interested in you. Which is just another way of saying that the way to make a friend is to be one.



Dale Carnegie



Count not him among your friends who will retail your privacies to the world.

Publilius Syrus

If you can't figure out where you stand with someone, it may be time to stop standing, and start walking.



Motherly Advice

We get damaged in damaging relationships.  
We get healed in healing relationships.

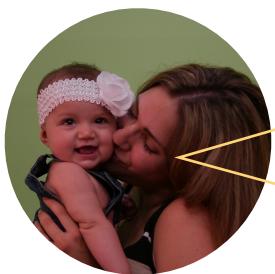


Dick Innes

A friend is someone you can be all alone with and not be able to think of anything to say and have nothing to do; and still be comfortable in the silence.



Sheryl Condie



If a person cheated with you, they'll cheat on you. If you start a relationship being the other woman, you will NEVER be the only woman. If they cheated on someone to be with you, chances are they'll cheat on you, too.

Motherly Advice

Haters are gonna hate. But if you hate your haters, then you are no different from them. Your haters are actually your biggest fans. They're emotionally immature and hating is the only way they know how to get your attention.



Naturalopist

The word NO has saved many people from a lifetime of trouble and suffering.

Trung Nguyen



The only way to have a friend is to be one.



Ralph Waldo Emerson

How wrong it is for a woman to expect the man to build the world she wants, rather than to create it herself.



Anais Nin

Stay away from toxic people and troublemakers!  
They'll drag you down to their level.



Naturalopist

In personal relationships, silence is not golden. Silence is consent.

Naturalopist





I destroy my enemies when I make them my friends.

Abraham Lincoln

Mock someone when they struggle and they will learn never share their struggles with you.



Motherly Advice

Sex is emotion in motion.



Mae West

You should never hate anyone, even your worst enemies. Everyone has something good about them. You have to find the redeeming quality and love the person for that.



Jeannette Walls



As I get older, I am becoming more selective of who I consider a friend. I find that I would rather have 4 quarters than 100 pennies.

Steve Maraboli



A flower cannot blossom without sunshine, and man cannot live without love.

Max Muller



The best kind of people are the ones who come into your life, and make you see the sun where you once saw clouds. The people who believe in you so much, you start to believe in you, too. The people who love you, simply for being you. The once in a lifetime kind of people.

Naturalopist



Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend.

Albert Camus

True friendship comes when the silence between two people is comfortable.



David Tyson Gentry

It is better to have an enemy who honestly says they hate you than to have a friend who is secretly putting you down.



Naturalopist

Friendship is born at that moment when one person says to another: "What! You too? I thought I was the only one."



C.S. Lewis

A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow.



William Shakespeare



Anybody can sympathize with the sufferings of a friend, but it requires a very fine nature to sympathize with a friend's success.

Oscar Wilde



Wishing to be friends is quick work, but friendship is a slow ripening fruit.

Aristotle



People inspire you, or they drain you—pick them wisely.

Hans F. Hansen



A good friend can tell you what is the matter with you in a minute. He may not seem such a good friend after telling.

Arthur Brisbane

I don't need a friend who changes when I change and who nods when I nod; my shadow does that much better.



Plutarch



To live a positive and productive life, associate with positive and productive people.

Naturalopist

Inoculate yourself from dangerous bozos.



Guy Kawasaki

Life is kind of like a party. You invite a lot of people, some leave early, some stay all night, some laugh with you, some laugh at you, and some show up really late.

But in the end, after the fun, there are a few who stay to help you clean up the mess. And most of the time, they aren't even the ones who made the mess. These people are your true friends in life. They are the ones who matter.



Naturalopist

Some people aren't satisfied until they sabotage someone else's happiness. Be careful who you trust, not everyone who smiles at you is your friend!

Naturalopist

There are those I dearly love who will always be a part of my heart, just not a part of my life.

Trung Nguyen



People do bad things to people. If bad things are done to you, you're probably around bad people. Don't let people choose you as a friend; choose your friends wisely.

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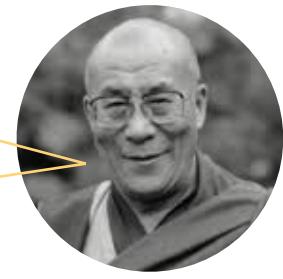


Relationships—of all kinds—are like sand held in your hand. Held loosely, with an open hand, the sand remains where it is. The minute you close your hand and squeeze tightly to hold on, the sand trickles through your fingers. You may hold onto some of it, but most will be spilled. A relationship is like that. Held loosely, with respect and freedom for the other person, it is likely to remain intact. But hold too tightly, too possessively, and the relationship slips away and is lost.

Kaleel Jamison



All major religious traditions carry basically the same message; that is love, compassion, and forgiveness. The important thing is they should be part of our daily lives.



Dalai Lama XIV



Real men don't love the most beautiful girl in the world, they love the girl who can make their world the most beautiful.

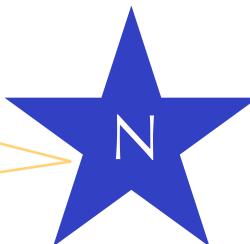
Naturalopist



You cannot save everyone.

Bryant McGill

A relationship without trust is like a car without gas. You can stay in it all you want, but it won't go anywhere.



Naturalopist

# ACCEPTANCE

## **acceptance**

acknowledgment, permission, recognition, admission, consent, approval

1. The act of accepting; a receiving of something offered, with approbation, satisfaction, or acquiescence; especially, favorable reception; approval
2. State of being accepted.

It is an inherent part of human nature to want to be accepted and approved—we all yearn for a sense of belonging. However, we must accept ourselves first before others will accept us.

When we accept others for who they are, it does *not* mean they are a part of our life. There are people who we can heartily accept for who they are, but exclude them from our life due to differences in goals and values. Or these people are drama-makers and troublemakers, and we want to let them be while we move on. We cannot change people—we accept this fact—so we let go and move on to a healthier environment.

To accept is not to resist; to accept is to observe, recognize, and decide. Anytime we fail to accept, we are swimming upstream. If we can't change something, accept it and move on. Something better is awaiting downstream.

It's not my place to judge you, because a bigger force will do that. Just know that you created your reputation and caused your own Karma!



Nishan Panwar

Nothing brings down walls as surely as acceptance.



Deepak Chopra

Everybody comes from the same source. If you hate another human being, you're hating a part of yourself.



Elvis Presley

Be content with what you have, rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.



Lao Tzu



Judge nothing, you will be happy. Forgive everything, you will be happier. Love everything, you will be happiest.

Sri Chinmoy



Give love and unconditional acceptance to those you encounter, and notice what happens.

Wayne Dyer



Anger and intolerance are the enemies of correct understanding.

Mahatma Gandhi



A friend is someone who gives you total freedom to be yourself and especially to feel, or not feel. Whatever you happen to be feeling at any moment is fine with them. That's what real love amounts to—letting a person be what they really are.

Jim Morrison



If you judge people, you have no time to love them.

Mother Theresa



Understanding is the first step to acceptance, and only with acceptance can there be recovery.

J.K. Rowling

I am my own biggest critic. Before anyone else has criticized me, I have already criticized myself. But for the rest of my life, I am going to be with me and I don't want to spend my life with someone who is always critical. So I am going to stop being my own critic. It's high time that I accept all the great things about me.



C. JoyBell C.

Because one believes in oneself, one doesn't try to convince others. Because one is content with oneself, one doesn't need others's approval. Because one accepts oneself, the whole world accepts him or her.



Lao Tzu



The most terrifying thing is to accept oneself completely.

Carl Jung



I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself, and proud.

Anderson Cooper



When you are truly comfortable with who you are, not everybody will like you. But you won't care about it one bit.

Naturalopist



What is love? Love is the absence of judgment.

Dalai Lama XIV



Accept yourself as you are. Otherwise you will never see opportunity. You will not feel free to move toward it; you will feel you are not deserving.

Maxwell Maltz



Men who do not forgive women their little faults will never enjoy their great virtues.

Kahlil Gibran



You're always with yourself, so you might as well enjoy the company.

Diane von Furstenberg



A friend is someone who knows all about you and still loves you.

Elbert Hubbard

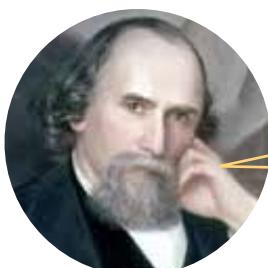
Once we accept our limits, we go beyond them.

Brendan Francis Behan



You couldn't relive your life, skipping the awful parts, without losing what made it worthwhile. You had to accept it as a whole—like the world, or the person you loved.

Stewart O'Nan



Accept life, and you must accept regret.

Henry Frederic Amiel



### Self-acceptance Manifesto

I am strong because I know my weaknesses.

I am beautiful because I'm aware of my flaws.

I am fearless because I can recognize illusion from reality.

I am wise because I learn from my mistakes.

I can love because I have felt hate.

I can laugh because I have known sadness.

The greatest gift that you can give to others is the gift of unconditional love and acceptance.



Brian Tracy

If you don't judge, you won't be judged.



Naturalopist



The Old Ones have always said that no matter who despises or ignores you, no matter who keeps you from entering their circles, it is right to pray for them because they are like us, too.

Larry P. Aitken

The first step toward change is awareness.  
The second step is acceptance.



Nathaniel Branden



Acceptance of others, their looks, their behaviors, their beliefs, bring you an inner peace and tranquillity—instead of anger and resentment.

Naturalopist



When you're a beautiful person on the inside, there is nothing in the world that can change that about you. Jealousy is the result of one's lack of self-confidence, self-worth, and self-acceptance. The Lesson: If you can't accept yourself, then certainly no one else will.

Sasha Azevedo



Beauty is about being comfortable in your own skin, it's about knowing and accepting who you are.

Ellen Degeneres



Only by acceptance of the past, can you alter it.

T.S. Elliot

# LOSS

## **loss**

bereavement, dispossession, cataclysm, calamity, deprived

1. The hurtful condition of having lost something or someone.

Life can be short or long, depending how it is lived. Throughout this wonderful journey we will lose many people—some we choose to let go, some choose to let us go, and some through death. Many of us even lose ourself in life's excitement and excess. Whatever the reason for loss, the mourning process could take one month or ten years to get over.

It's all up to us how long it takes.



Letting go doesn't mean that you don't care about someone anymore. It's just realizing that the only person you really have control over is yourself.



Deborah Reber



When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.

Helen Keller

It happens to everyone as they grow up. You find out who you are and what you want, and then you realize that people you've known forever don't see things the way you do. So you keep the wonderful memories, but find yourself moving on.



Nicholas Sparks

Mostly it is loss which teaches us about the worth of things.



Arthur Schopenhauer

In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of the things not meant for you.



Buddha

Girls you've gotta know when it's time to turn the page.



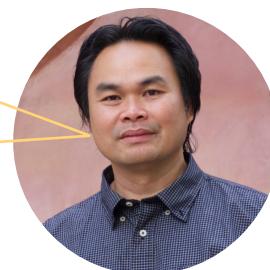
Tori Amos

If someone is not treating you with love and respect, it is a gift if they walk away from you. If that person doesn't walk away, you will surely endure many years of suffering with him or her. Walking away may hurt for a while, but your heart will eventually heal. Then you can choose what you really want. You will find that you don't need to trust others as much as you need to trust yourself to make the right choices.



Miguel Ruiz

Hurting people say and do hurtful things. Move on and let them hurt on their own. Once they're done hurting they'll understand why you gave them room to reflect and change.



Trung Nguyen



One of the happiest moments in life is when you find the courage to let go of what you can't change.

Naturalopist



Every instance of heartbreak can teach us powerful lessons about creating the kind of love we really want.

Martha Beck

After a breakup is the best time to figure out who you are and want you want in life. During this time alone, you're free to reflect and decide without outside influence.



Naturalopist

Sometimes you don't realize the weight of something you've been carrying until you feel the weight of its release.



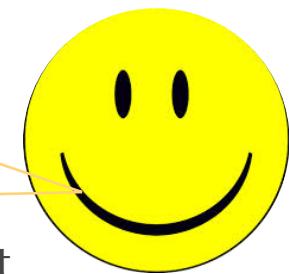
Naturalopist



The greatest weakness of most humans is their hesitancy to tell others how much they love them while they're alive.

Orlando A. Battista

I love the ones who are in my life and made it amazing, and I thank the ones who left my life and made it even more fantastic.



Naturalopist

It takes a lot more courage to let something go than it does to hang on to it, trying to make it better. Letting go doesn't mean ignoring a situation. Letting go means accepting what is, exactly as it is, without fear, resistance, or a struggle for control.



Iyanla Vanzant

It could take one month or it could take ten years to get over it. It's up to you.



Trung Nguyen



You can't look back—you just have to put the past behind you, and find something better in your future.

Jodi Picoult

Heartbreaks will last as long as you want and cut deep as you allow them to go; the challenge is not how to survive heartbreaks but to learn from them.



Naturalopist



People come into your LIFE for a reason. The NEGATIVE PEOPLE usually are there to teach you what you don't want to BECOME. They teach you how you don't want to be TREATED, and to show you what you don't DESERVE. Embrace them, let them teach you, and then let them go!

Naturalopist



A sad thing in life is when you meet someone who means a lot to you, only to find out in the end that it was never meant to be. That's when you have to let go.

Naturalopist

## LETTING GO

Two monks were returning to the monastery in the evening. It had rained and there were puddles of water on the road sides. At one place a beautiful young woman was standing unable to walk across because of a puddle of water. The elder of the two monks went up to her, lifted her in his alms, and left her on the other side of the road, and continued on his way to the monastery.



In the evening the younger monk came to the elder monk and asked, "Sir, as monks, we cannot touch a woman?"

The elder monk answered, "Yes, brother."

Then the younger monk asked again, "

But then Sir, how is that you lifted that woman on the roadside?"

The elder monk smiled at him and told him, "I left her on the other side of the road, but you are still carrying her."

# ORIGIN

## **evolution**

change, growth, development, progression, transformation, natural process

1. The change in the genetic composition of a population over successive generations.

## **abiogenesis**

spontaneous order, spontaneous generation

1. The natural process of life arising from non-living matter such as simple inorganic compounds.

The origin of life debate consists of two camps: Evolutionists versus Creationists. Or science versus religion, abiogenesis versus biogenesis, empirical evidence versus myth, and Darwinism versus Creationism. These theories are incompatible with each other. In many cases, they contradict each other. However, there is only one truth.

Creationists believe that roughly 6,000 - 10, 000 years ago, god created the Universe and Earth in 6 days and rested on the 7th day, thus Sunday. Creationists also believe in biogenesis—that only living organisms can create other living organisms. Creationists point to the Periodic Table of the Elements, in which all the elements that make up the Universe are inorganic (not living matter, not biological). Therefore, if everything in the Universe is made of inorganic elements, how did organic (biological) life originate from lifeless matter? Creationists also point to the astounding large odds to dismiss the theory of entropy (randomness). Creationists also point to the “missing link” in the theory of evolution—if humans evolved from apes, then why are apes still around?

## entropy

decay, breakup, randomness, degeneration, disorder

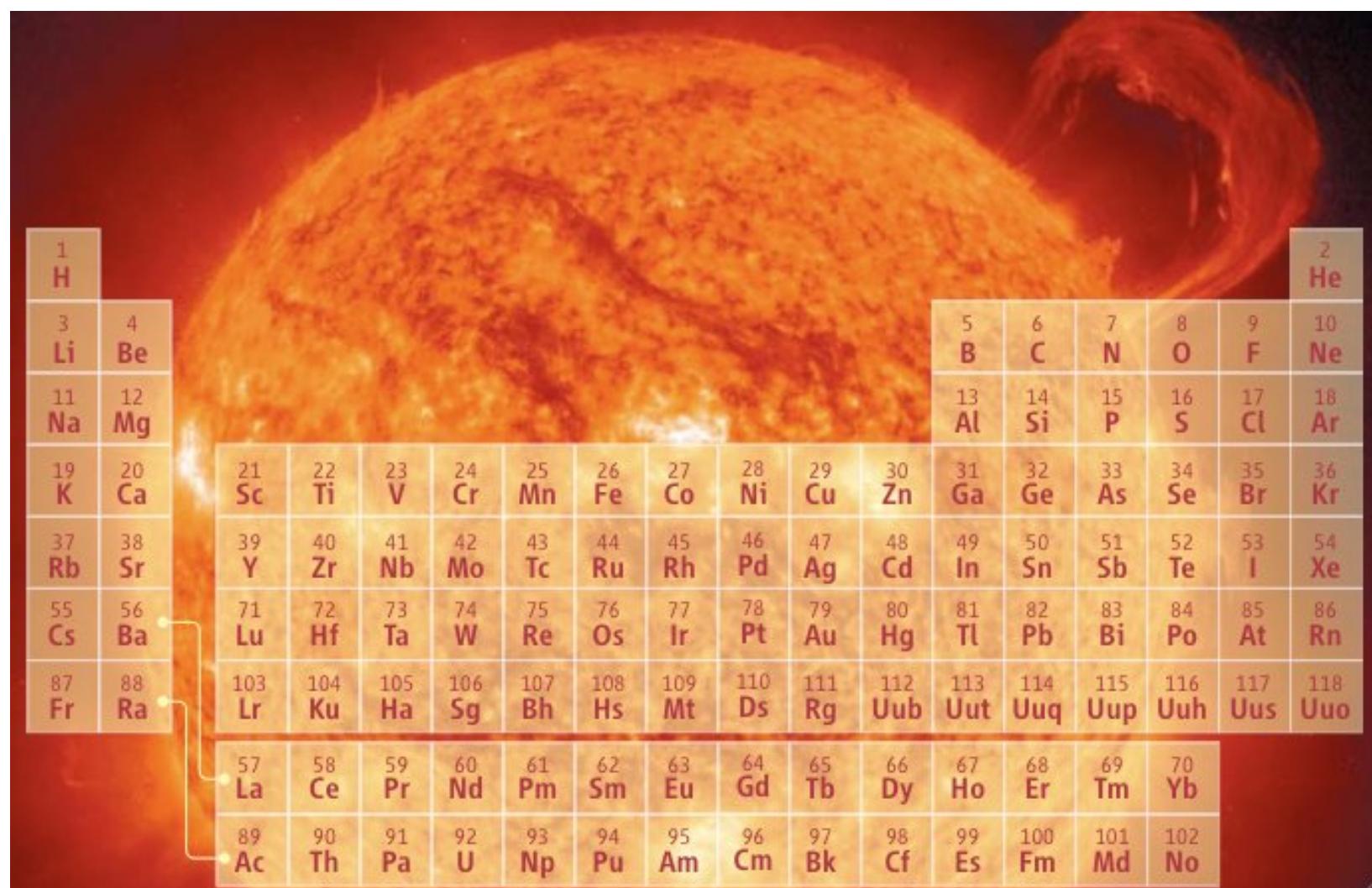
1. In thermodynamics, entropy (usual symbol  $S$ ) is a measure of the number of specific ways in which a thermodynamic system may be arranged, commonly understood as a measure of disorder.
2. The tendency of a system that is left to itself to descend into chaos; uncountable.

Note the Periodic Table of the Elements below. It is believed that everything in the cosmos, including humans, is made of the elements listed below. Elements, such as hydrogen and oxygen, are made of atoms; which in turn are made of electrons, protons, and neutrons; which in turn are made of quarks; which in turn are made of the Higgs Boson elemental particle, or particles. For example, the content of the Sun is 71% hydrogen (H) and 27.1% helium (He). In the fantastically hot furnace of the Sun's core, hy-

Periodic Table of the Elements																			
1 1 H Hydrogen 0.00017	2 2A	3 3 Li Lithium 6.941	4 4 Be Beryllium 9.0122	6 2 C Carbon 12.01115 Number of electrons in each shell Atomic Number Symbol Name Atomic Mass	Metals Nonmetals	Transition Elements Noble Gases	Inner Transition Elements Synthetic	13 3A B Boron 10.8111 New designation Original designation	14 4A C Carbon 12.000000000000001 Atomic weight of most stable isotope	15 5A N Nitrogen 14.00357	16 6A O Oxygen 15.9994	17 7A F Fluorine 18.9984	2 He Helium 4.0000000000000005	18 10 Ne Neon 20.179					
11 11 Na Sodium 22.9898	12 12 Mg Magnesium 24.305	19 20 K Potassium 39.093	20 21 Ca Calcium 40.08	21 Sc Scandium 44.956	22 Ti Titanium 47.86	23 V Vanadium 50.942	24 Cr Chromium 51.996	25 Mn Manganese 54.9382	26 Fe Iron 55.847	27 Co Cobalt 58.9322	28 Ni Nickel 58.69	29 Cu Copper 63.54	30 Zn Zinc 65.37	31 Ga Gallium 69.72	32 Ge Germanium 72.69	33 As Arsenic 74.9216	34 Se Selenium 78.96	35 Br Bromine 79.904	36 Kr Krypton 83.80
37 37 Rb Rubidium 85.4678	38 38 Sr Strontium 87.62	39 Y Yttrium 88.905	40 Zr Zirconium 91.22	41 Nb Niobium 92.906	42 Mo Molybdenum 95.96	43 Tc Technetium (98)	44 Ru Ruthenium 101.97	45 Rh Rhodium 102.900	46 Pd Palladium 106.4	47 Ag Silver 107.86	48 Cd Cadmium 112.40	49 In Indium 114.82	50 Sn Tin 118.69	51 Sb Antimony 121.75	52 Te Tellurium 127.60	53 I Iodine 126.9044	54 Xe Xenon 131.29		
55 55 Cs Cesium 132.905	56 56 Ba Barium 137.33	72 Hf Hafnium 178.49	73 Ta Tantalum 180.943	74 W Tungsten 183.85	75 Re Rhenium 190.2	76 Os Osmium 190.2	77 Ir Iridium 192.2	78 Pt Platinum 190.60	79 Au Gold 196.967	80 Hg Mercury 200.59	81 Tl Thallium 204.363	82 Pb Lead 207.19	83 Bi Bismuth 208.980	84 Po Polonium (209)	85 At Astatine (210)	86 Rn Radium (222)			
87 87 Fr Francium (223)	88 88 Ra Radium (226.0234)	104 Rf Rutherfordium (261)	105 Db Dubnium (262)	106 Sg Seaborgium (263)	107 Bh Berkelium (264)	108 Hs Hassium (265)	109 Mt Mendelevium (266)	110 Ds Darmstadtium (268)	111 Rg Roentgenium (270)	112 Uub Ununbium (271)	113 Uut Ununtrium (272)	114 Uuq Ununquadium (273)	115 Uup Ununpentium (274)	116 Uuh Ununhexium (275)	117 Uus Ununseptium (276)	118 Uuo Ununoctium (277)			
Unknown elements 113 - 118 are shown in their predicted positions.																			
Lanthanide series																			
57 57 La Lanthanum 138.91	58 Ce Cerium 140.12	59 Pr Praseodymium 140.907	60 Nd Neodymium 141.924	61 Pm Promethium (141)	62 Sm Samarium 151.95	63 Eu Europium 151.96	64 Gd Gadolinium 157.20	65 Tb Terbium 158.9254	66 Dy Dysprosium 160.50	67 Ho Holmium 164.930	68 Er Erbium 167.26	69 Tm Thulium 168.934	70 Yb Ytterbium 173.04	71 Lu Lutetium 174.97					
Actinide series																			
89 89 Ac Actinium (227.0269)	90 Th Thorium 232.038	91 Pa Protactinium (231.0336)	92 U Uranium 238.03	93 Np Neptunium (237.0462)	94 Pu Plutonium (240)	95 Am Americium (243)	96 Cm Curium (247)	97 Bk Berkelium (249)	98 Cf Californium (251)	99 Es Einsteinium (257)	100 Fm Fermium (259)	101 Md Mendelevium (261)	102 No Nobelium (264)	103 Lr Lawrencium (266)					

hydrogen and helium (both elements) are fused into heavier elements, such as oxygen(O), carbon(C), nitrogen(N), silicon(Si), magnesium(Mg), neon(Ne), sulfur(S), and iron(Fe). This is an example of how small things become big things in an entropic system, and how simple things become complex things.

When a star, such as our Sun, explodes (supernova, dies), it gets unimaginably hot and in the process, heavier elements are created, giving birth to asteroids, moons, plan-

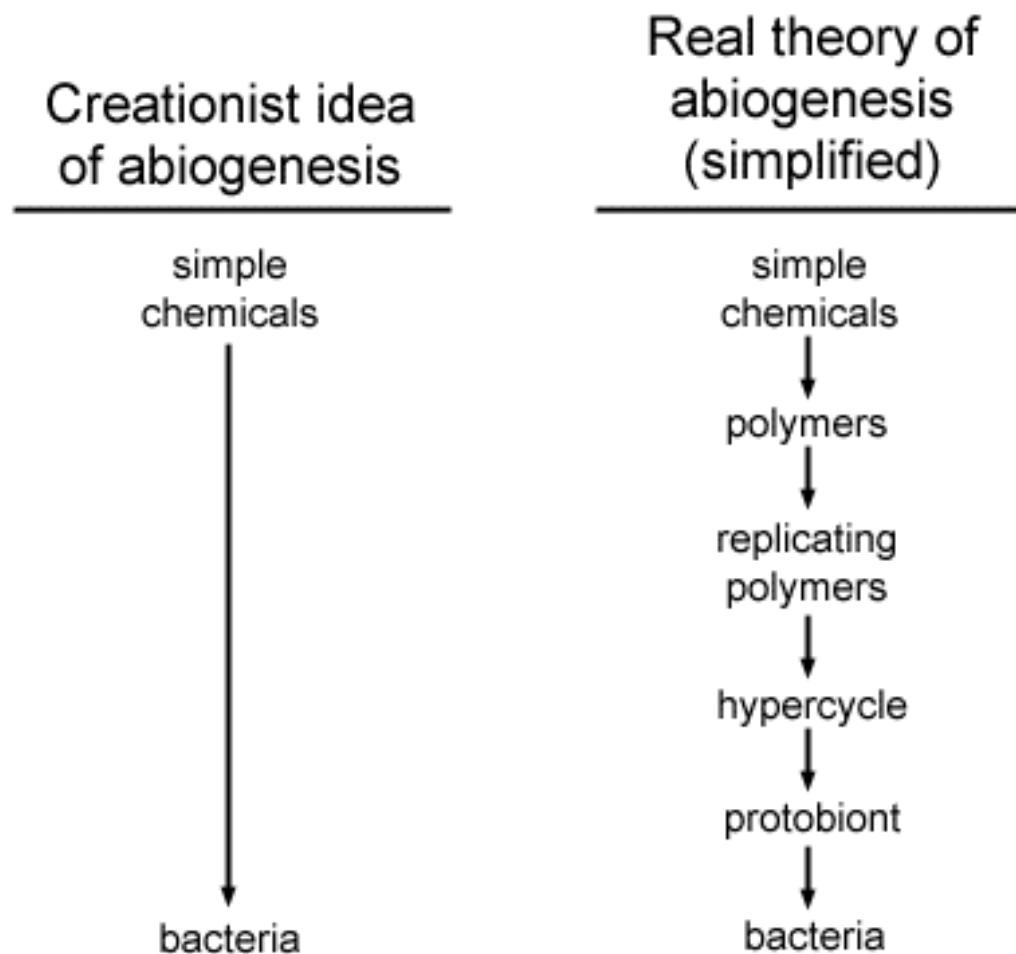


ets, and sometimes new stars. From the inner workings of the Sun, we see a common pattern: given enough time and with the right energy and condition, smaller things become bigger things and simple things become complex things.

However, if everything in the cosmos is made of inorganic elements, how is it possible that biological lifeforms such as plants and humans originated from those lifeless matter? This is the abiogenesis versus biogenesis debate. Creationists believe in biogenesis —that only organic organisms can give life to other organic organisms.

Again, when small things are left alone, with enough time, energy, and entropy working for them, small things become bigger, complex things. Small things amalgamate,

fuse, rearrange, synthesize, and even reproduce. For example, a common compound is water ( $H_2O$ ), which is made of two elements: hydrogen (H) and oxygen (O).



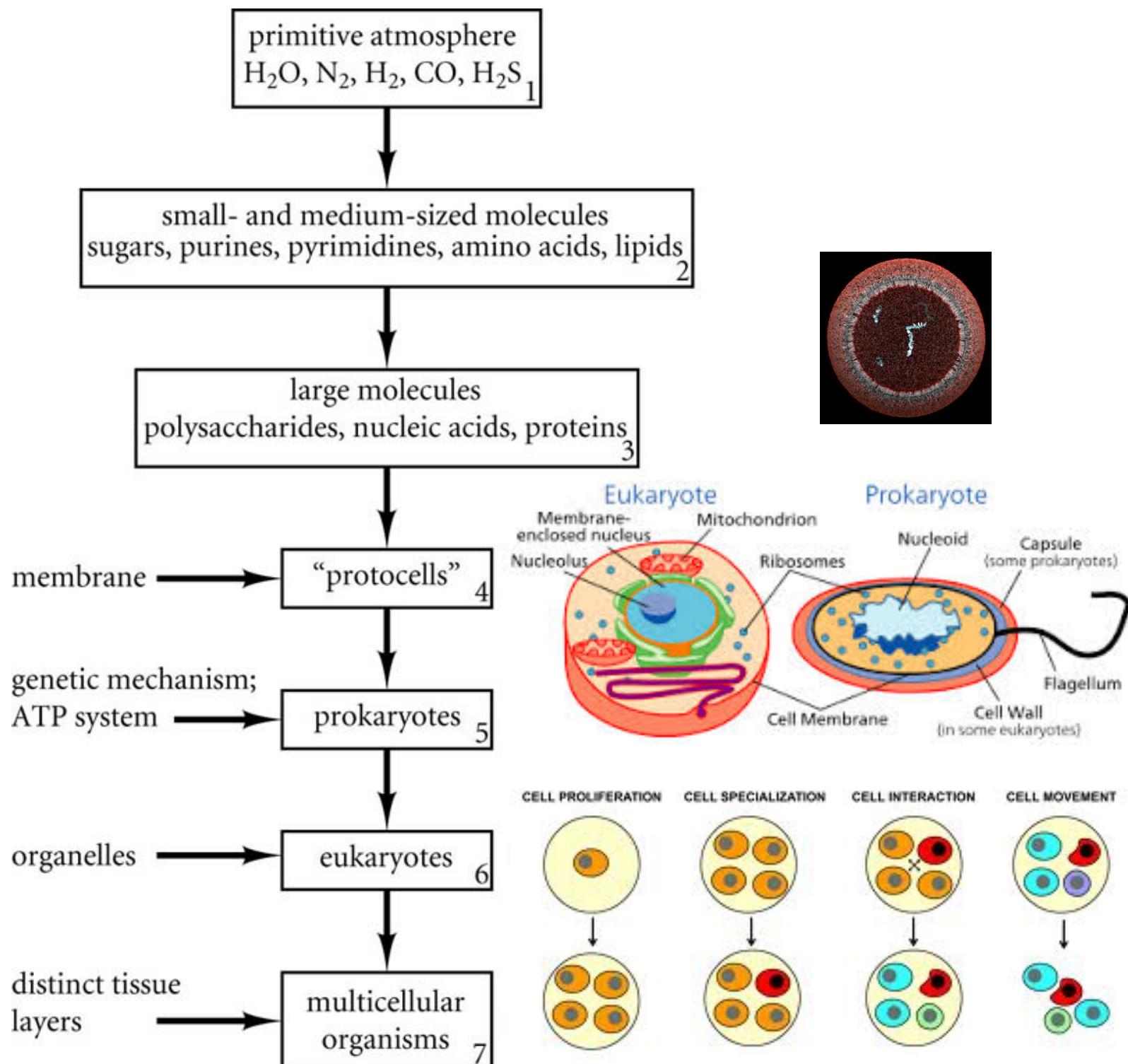
We are infinitesimally small in the infinitely massive cosmos. Our concept of time is in days, weeks, months, and decades—any period longer than eight decades is history to most of us. This is how eighty years looks like: 80 years. Now, imagine 3.55 billion years, or 4.55 billion years, or 13.7 billion years:

- 80 years (average lifespan of many humans)
- 3, 550, 000, 000 years (estimated age of first organic, multicellular organism)
- 4, 550, 000, 000 years (age of Earth)
- 13, 780, 000, 000 years (age of Universe)

We have no personal point of reference or any way to comprehend the staggering expanse of “billions” of years. We only say the billions as a number with a decimal. But behind those billions of years are the processes of entropy and abiogenesis at work. Then add **energy** from radiation, lightning, volcanic eruption, or other energy sources and we have the blueprint for our genetic material.

With enough time, elements amalgamate into simple-inorganic compounds, simple compounds into complex compounds; when energy is added, inorganic compounds turn into organic compounds, organic compounds into molecules, molecules into cells, cells into microbes; microbes and cells into tissues, tissues into organs, organs into multiple organs; into small species, and eventually into humans. It is estimated that the human body has about 100 trillion cells, which varies depending on the mass of the person.

Just like the Sun is comprised of smaller parts, the human body is also comprised of smaller parts. These smaller parts of the Sun and the human body have their beginnings from the Periodical Table of the Elements. And with the blessing of time, entropy, and energy, those elements evolved to form complex, organic matter.



# Darwin's Theory Of Evolution—The Premise



Darwin's Theory of Evolution is the widely held notion that all life is related and has descended from a common ancestor: the birds and the bananas, the fishes and the flowers—all related. Darwin's general theory presumes the development of life from non-life and stresses a purely naturalistic (undirected) “descent with modification”. That is, complex creatures evolve from more simplistic ancestors naturally over time. In a nutshell, as random genetic mutations occur within an organism's genetic code, the beneficial mutations are preserved because they aid survival—a process known as “natural selection.” These beneficial mutations are passed on to the next generation. Over time, beneficial mutations accumulate and the result is an entirely different organism (not just a variation of the original, but an entirely different creature). —[www.darwins-theory-of-evolution.com](http://www.darwins-theory-of-evolution.com)

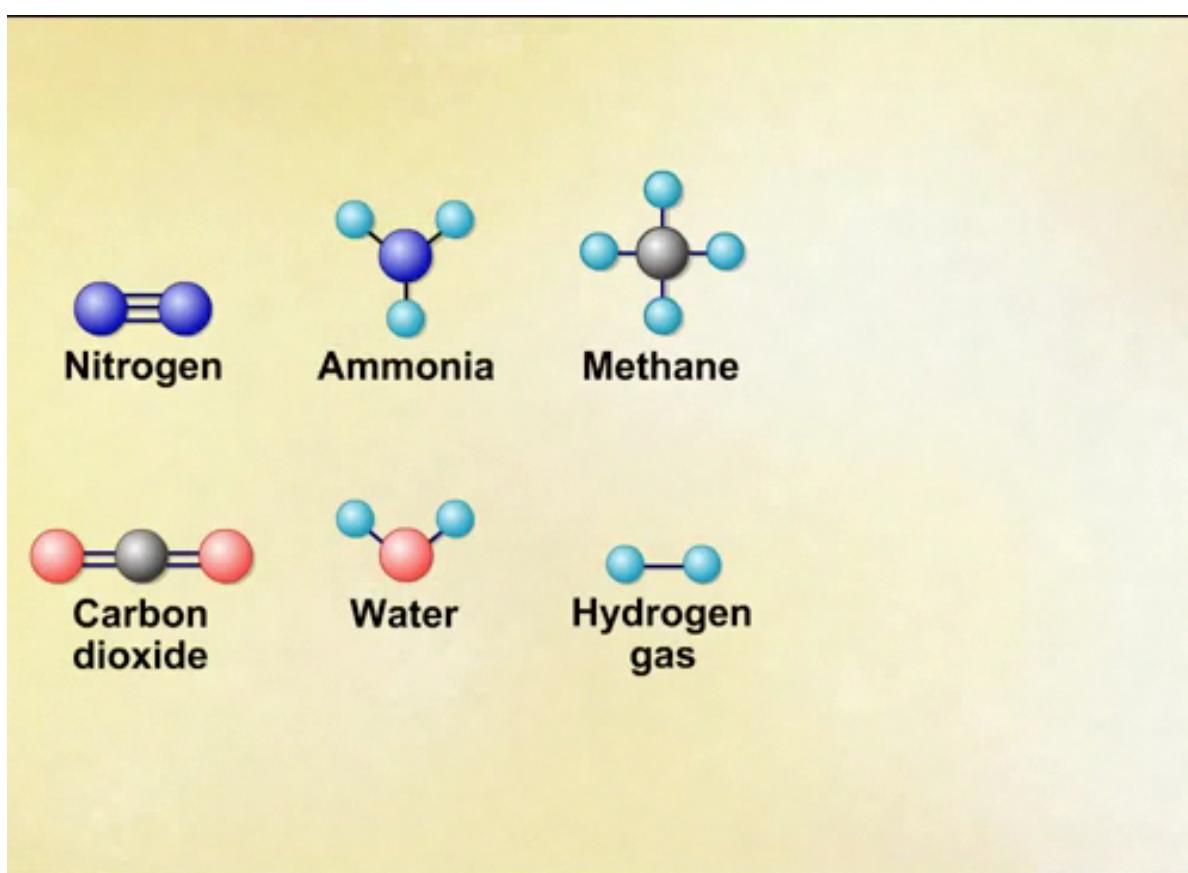
## The Missing Link

Creationists point to a perceived flaw in Darwin's theory of evolution: If humans evolved from apes, then why are apes still around? Darwin's theory postulates that humans shared a common ancestor as apes—we did not directly evolve from apes. Therefore, there is no missing link.

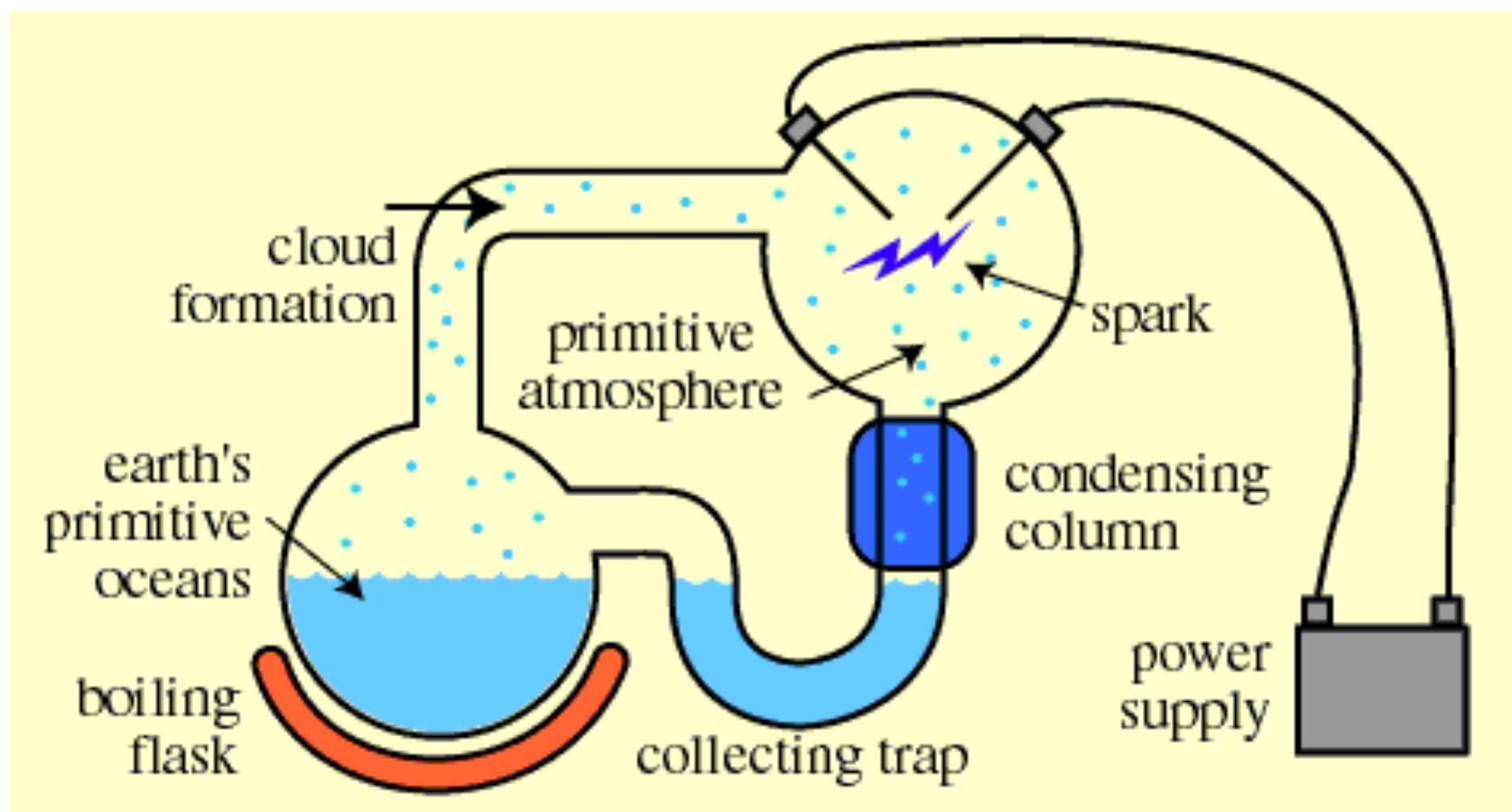
## The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

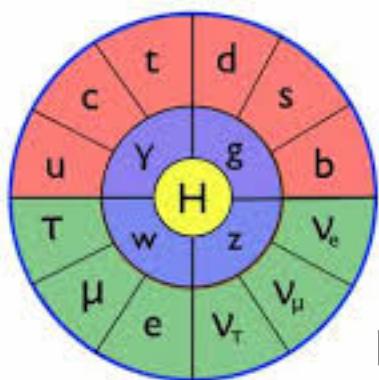
## Video: Urey-Miller Experiment, 1953



Turning the inorganic into the organic. Video courtesy of Dr. Prodigious HD Animations.





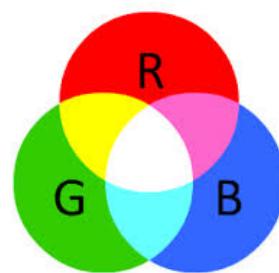
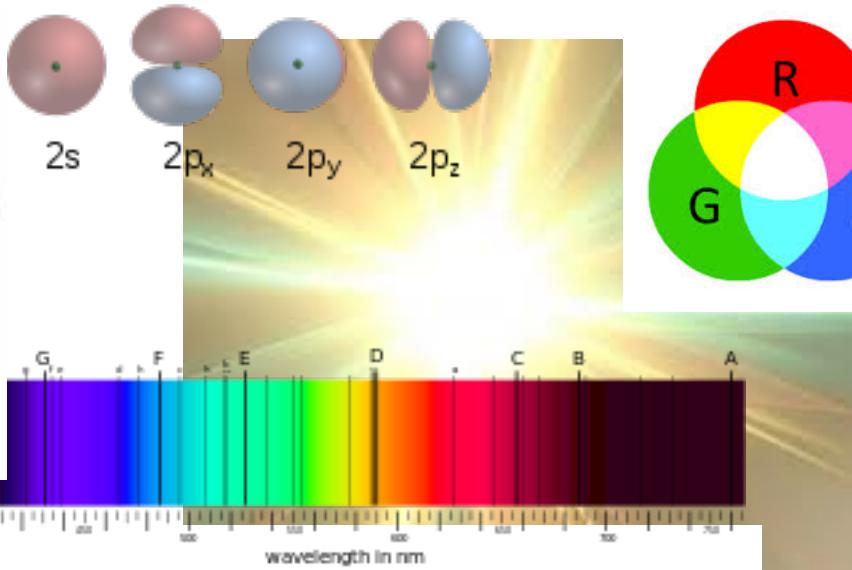


Fermions  
Matter  
Quarks  
Leptons

Bosons  
Force Carriers  
Gauge bosons  
Higgs boson

Particles of the Standard Model

p  
p  
n  
e+  
v



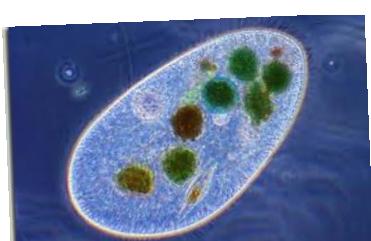
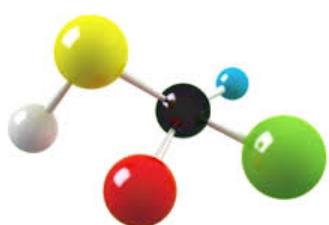
**Periodic Table of the Elements**

Natural Occurrence

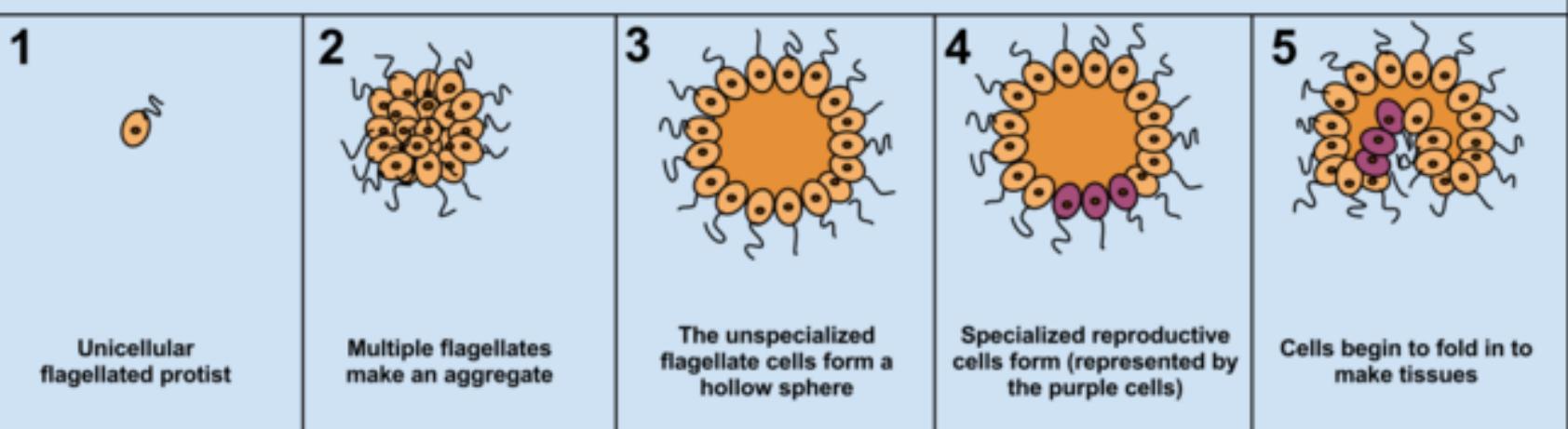
primordial

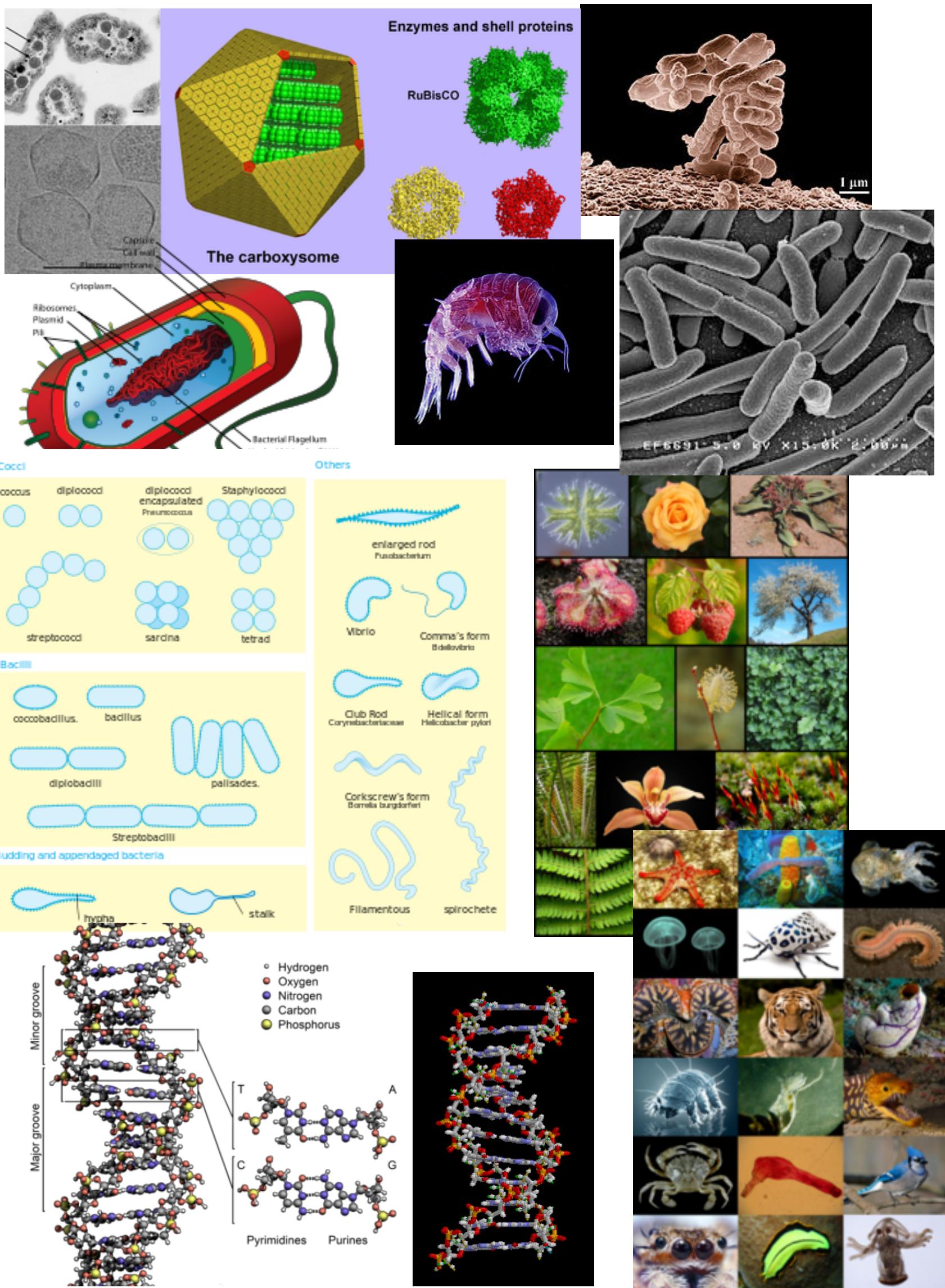
from decay

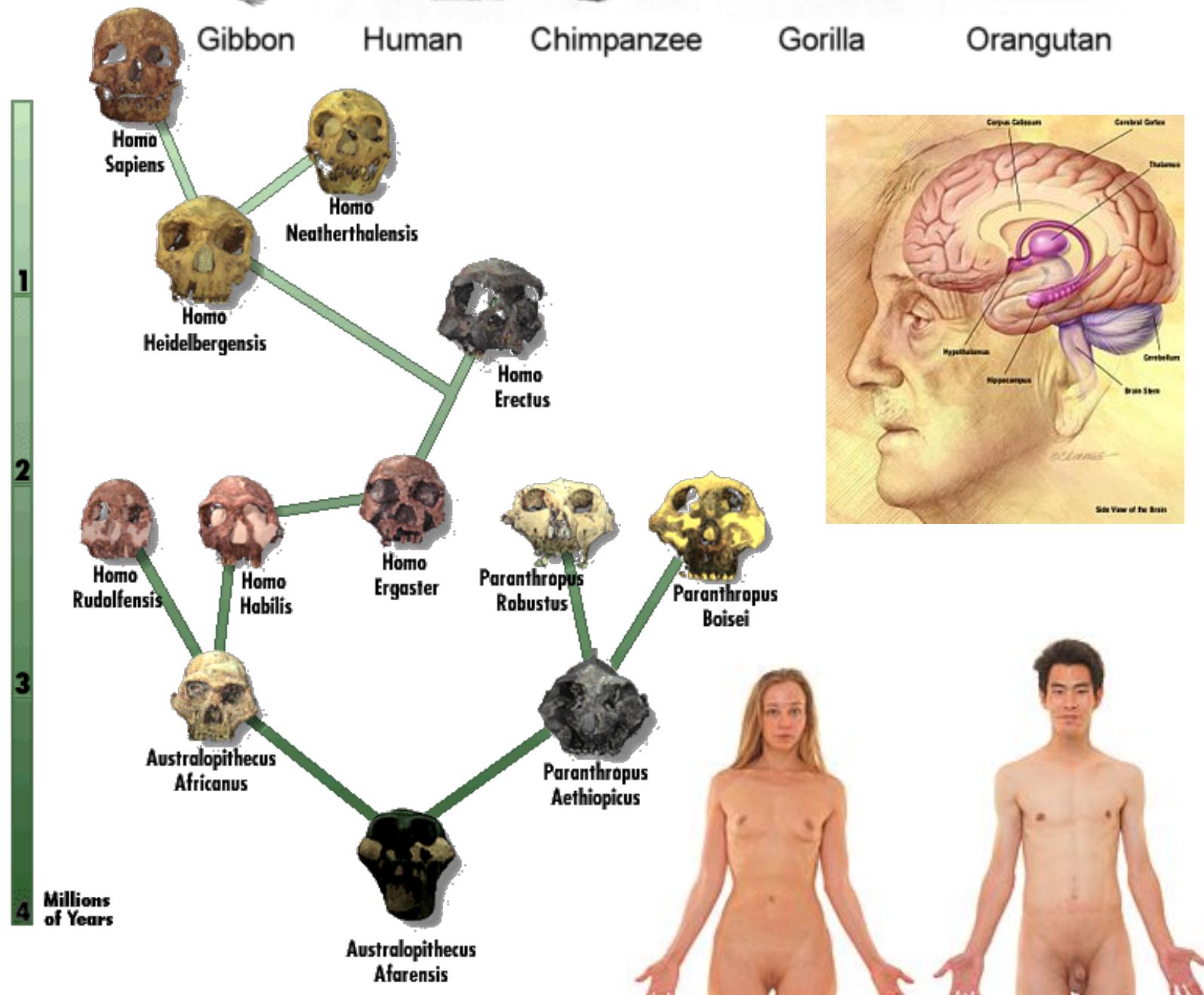
synthetic



### Colonial Flagellate Hypothesis







## THE PALE BLUE DOT

Our planet is a lonely speck in the great  
enveloping cosmic dark...

Consider again that dot.  
That's here.  
That's home.  
That's us.  
On it everyone you love,  
everyone you know,  
everyone you ever heard of,  
every human being who ever was,  
lived out their lives.



The aggregate of our joy and suffering,  
thousands of confident religions, ideologies, and economic doctrines,  
every hunter and forager,  
every hero and coward,  
every creator and destroyer of civilization,  
every king and peasant,  
every young couple in love,  
every mother and father, hopeful child, inventor and explorer,  
every teacher of morals,  
every corrupt politician,  
every "superstar,"  
every "supreme leader,"  
every saint and sinner in the history of our species lived there—  
on a mote of dust suspended in a sunbeam.

Think of the rivers of blood spilled by all those generals and emperors so that in glory and triumph they could become the momentary masters of a fraction of a dot.

Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner.

How frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe, are challenged by this point of pale light.

Our planet is a lonely speck in the great enveloping cosmic dark.

In our obscurity—in all this vastness—there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known, so far, to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment,

the Earth is where we make our stand.



**Carl Sagan**

# HUMANITY

# NATURALOLOGY

## CELEBRATING HUMANITY

Nature favours diversity to ensure the propagation of her creations; Humanity would be wise to also favour diversity when adopting knowledge. Although diverse and in silos, the foundation for our moral guidelines and belief system have been formulated by Humans before us and those still with us. There is no need to attribute to the gods what Humanity has accomplished. The Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past once believed in gods. However, their faith did not save their civilizations.

If we are to co-exist, live peacefully, and advance together as a species, we need to abandon our gods, because fables and science are incompatible.

Since time immemorial, our ancestors have conjured ingenious myths and fables to explain the six primary metaphysical questions of existence (the BIG questions):

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

Independently, for millennia, in different continents of the world, small groups of men congregated and concluded that humans could not adequately answer these existential

questions. Therefore, due to our ancestors's limited knowledge of the physical world at the time, they used their brilliant imagination. The answers to these pressing questions were deferred to a higher power, an omnipotent figure or a group of them—god or gods. Within each region of the world, ideas were borrowed and passed down from one religion to another, and as a result of empire building, several religions crossed continents and became pervasive in daily life.

As we are still witnessing, due to perpetual conflict, religion is extremely intrusive and problematic on a global scale. The Jews are still fighting Muslims in Israel-Palestine; Jews and Christians are often at loggerheads; Muslim sects are fighting each other throughout the Middle East; Christians are occupying Muslim countries; and Muslims are persecuting Christians in certain parts of the Middle East. It's a quagmire of hate, and this pattern of hate continues despite the fact that Christianity, Judaism, and Islam are all Abrahamic religions—they share the same root. Each one espouses peace as a central tenet of its religion, but we know it is very different in practice.

The inconsistencies, contradictions, and absurdities of every major religion are so glaring and abundant that it would take an encyclopedia to distill, and even chaff.

## Three Religions, One Root, Dozens of Denominations, Countless Interpretations...In Perpetual conflict

First, take the Christians. The Christians believe in the Old Testament and the New Testament bibles, but do not believe in the Torah (Jewish holy book) or Quran (Muslim holy book). Christians believe that Jesus Christ is the Son of God sent by god himself to deliver men from their sins. In the Holy Trinity (conceptualized by Theophilus of Antioch, 412 AD.), Christians believe Jesus Christ is the Son of God, the Holy Spirit, and God himself—a 3 for 1 special. The Christian Holy Bible has been translated and re-interpreted several dozen times; therefore, no one knows how different it really is from the original text, if one did exist.

The Christians have been waiting for over 2,000 years for the second coming of their prophet, Jesus Christ.

500 AD: The Kingdom of Heaven is upon us.

1000 AD: The Kingdom of Heaven is upon us.

1500 AD: The Kingdom of Heaven is upon us.

2000 AD: The Kingdom of Heaven is upon us.

The Kingdom of Heaven is never upon us, for one strange reason or another.

Second, take the Jews. The Jews believe in the Old Testament and the Torah (Talmud), but not the New Testament nor the Quran nor Jesus Christ. The Jews believe Jesus Christ and Muhammad were false prophets. The Jews also believe that they are the Chosen People of god and have been waiting over 5,000 years for their Messiah to appear on Earth. For reasons not generally agreed upon, the Jews have been the most persecuted people in all of Humanity.

Third, take the Muslims. The Muslims believe in every Abrahamic holy book: Old Testament, New Testament (Holy Bible), Torah, and especially Islam's Quran. They also believe in all the Abrahamic prophets and messengers, such as Noah, Moses, Daniel, Elijah, Jesus Christ, and particularly Muhammad. Muslims believe that Muhammed was a prophet and a Messenger of God. Essentially, the Islamic religion is based on the account of one man who claimed he had received the words and will of god through the angel Gabriel. This is religious nuttery at its finest.

The religious madness continues when all the sects (movements, denominations) of each major religion are taken into consideration. The confusion and obfuscation are endless since each group has subgroups (branches) with their own interpretation of the "holy" scriptures. As examples:

Christianity: Catholic, Orthodox, Lutheran, Anglican, Mormon, Jehovah's Witness, Protestant, and so on.

Judaism: Orthodox, Conservative, Reform, Reconstructional, Hasidism, Kabbalah, and so on.

Islam: Ahmadiyya, Ibadi, Shia, Sufism, Sunni, Wahhabi, Nation of Islam, and so on.

If the word of god is final, then why is it so different? And why are there so many of them? And why do they utterly contradict each other? If we just skim the surface of religion, it would be reasonable to conclude that religion was created like TV channels:

at some point a group felt their interests were not being represented and decided to create a new channel (branch, denomination, sect, group). In this new channel, they concocted whatever they needed in order to attract and appease followers. As long as the sheep watched one channel, everything made sense, and considered divine and brilliant. However, as soon as the followers switched channels (self-education), nothing made sense anymore. There were inconsistencies, absurdities, and bull manure—piles and piles of it. Is it any wonder that the phrase “holy shit” is a cultural lexicon? However, we should applaud our ancestors for having wove brilliantly imaginative stories to explain the nature of existence.

Despite advances in communication, technology, education, and science, the moral guidelines and belief systems of most humans are still grounded in myths and fables. Like children reading fairy tale stories, these religious adherents believe *their* magical wizard exists. They cling to the absurd notion that their magical wizard has chosen them as its favourite children, to the exclusion of others—religion divides, Humanity unites. For these reasons, much of the strife and suffering in the world can be attributed to the divisive nature of religion.

**Atavistic:** characterized by reversion to something ancient or ancestral; of a throwback or exhibiting primitivism.

Those who seek comfort in religion have an atavistic worldview—they hold onto the past because the present and future may be unpleasant for them, or they refuse to face the present and future. They refuse to let go and become objective in their worldview.

**Religion:** When we don’t understand how the world works, make it up.

A sore point among the scientific community is that Abrahamic religions still teach their followers that the Universe and Earth were created 6,000 - 10,000 years ago by god, despite overwhelming scientific evidence against the assertion. Science has shown, using radiometric dating, geological stratigraphy, and helioseismic dating, that the Earth is roughly 4.55 billion years old. However, the generally accepted number among Christians is 6,000, and that figure was derived from counting successive generations since Adam and Eve in the Old Testament.

**Miseducation is more dangerous than uneducation.**

# The Six Existential Questions of Life

There is ample, if not conclusive, evidence to support the theory of abiogenesis. In 1953, scientists Stanley Miller and Howard Urey demonstrated the process in which inorganic molecules mutated to complex organic molecules (amino acids, carbohydrates, nucleic acids) roughly 3.5 billion years ago, paving the way for biological life on Earth.

In 1956, using uranium-lead dating and lead-lead dating methods, geochemist Clair Patterson calculated that the Earth was roughly 4.55 billion years old. Even today, Dr. Patterson's estimate is considered accurate within 20-70 million years.

Recently, scientists have re-enacted the creation of our Universe, the Big Bang, in laboratories, particle accelerators, and computer simulations. The data from scientists working independently around the world places our Universe at roughly 13.7 billion years old. We also know from Nagasaki and Hiroshima that when an atom, invisible to the eyes, is split, it releases enough energy to start a chain reaction powerful enough to destroy a city. From these World War II events and our knowledge that mass and energy are interchangeable, we know that something infinitesimally small has the potential to become massively big under the right conditions—this is the awesome power of Nature.

The truth and answers to life are found in science and education, not in religion. Religion hampers our perspective and understanding of the world. Religion is miseducation. A devout religious persons loses precious time; first by miseducation, then by re-education.

Let us ponder the primary existential questions of life, without involving religion.

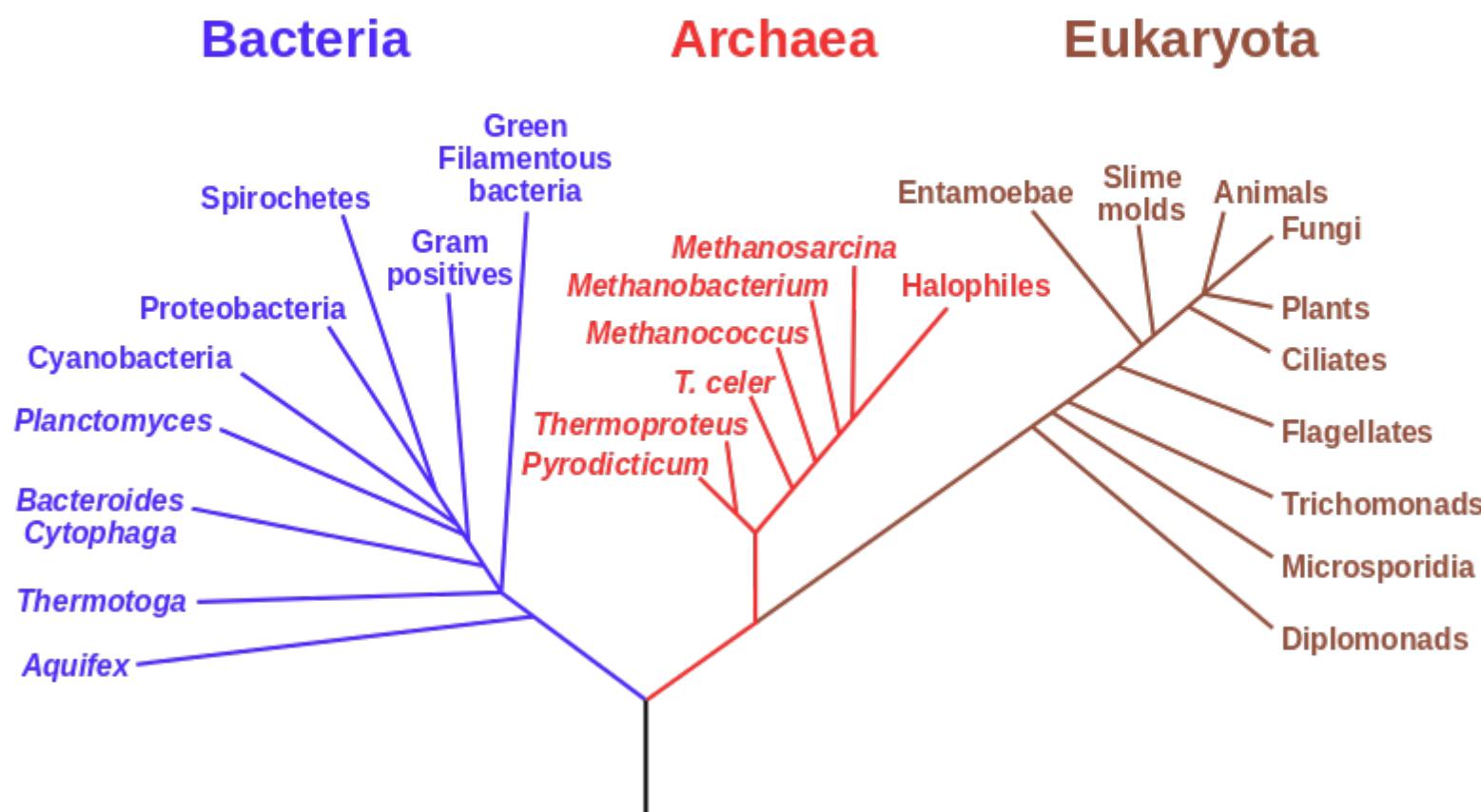
- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

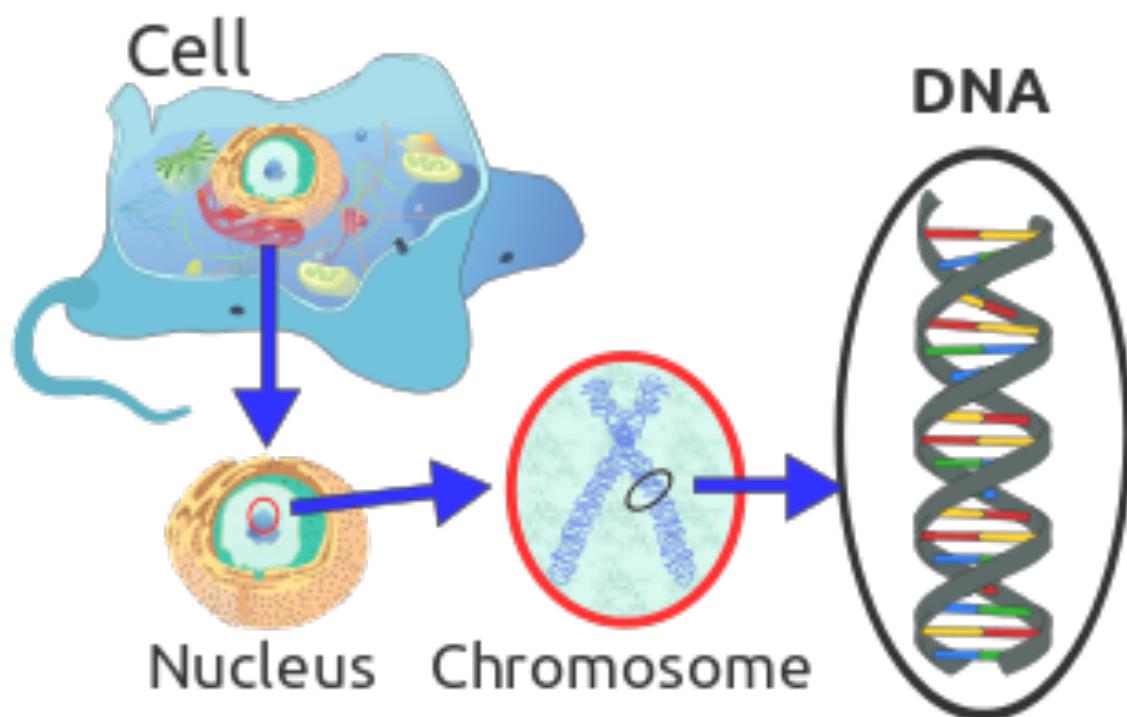
# 1. Where Did We Come From?

We are all powerful and extraordinary, for we were birthed by the stars. Nature created us through roughly 4.55 billion years of experimentation: from atoms; to chemical elements; to inorganic molecules; to complex-organic molecules; to single-celled organisms; to multicellular organisms of microbes and bacteria; to invertebrates, amphibians, fishes, reptiles, birds, and mammals; then the grand prize of evolution: Homo Sapiens, a thinking and reasoning animal atop the food chain, capable of the greatest vices and virtues.

We are constructed of the same elements as those in the stars: hydrogen, helium, oxygen, carbon, nitrogen, silicon, magnesium, neon, iron, and sulfur. The differences between the elements in our body and those in the Sun are the quantity, ratio, arrangement, and complexity—the fusion of the Sun’s lighter elements created heavier elements, then complex molecules in our body. This fact can be verified with electron microscopes, chemical analysis of our cells, spectral analysis, and carbon dating. We share a common ancestor with every living thing on this planet—the spiritualists knew this without requiring scientific evidence when they stated that “everything is connected to everything else.”

## Phylogenetic Tree of Life





The average human body is comprised of roughly 100 trillion cells, each evolved over 3.5 billion years to perform a special function in a specific organ. Contrary to popular belief, humans did not evolve from apes—we share a common ancestor with them, just like we share a common ancestry with a butterfly, tree, lion, flower, and every organism on this Earth. Therefore, there is no “missing link” in Charles Darwin’s theory of evolution.

Whether biological life began on Earth in the ashes of underwater volcanoes or bacteria from asteroids (meteors) or on the surface of oceans, it began very small as microbes, then amalgamated and evolved from there to bigger organisms.



## 2. What Is Our Purpose In Life?

At the universal level, there is a shared baseline for the purpose of life: eat well, sleep well, mingle well, work well, and enjoy life. Every single study on happiness has shown that our connection to our community is one of the most—many times the most—important factor in how happy we are. Our contribution to our community and connection to Nature form the foundation of happiness and purpose.

At the individual level, the purpose of life is different from person to person. That is, the meaning of life varies depending on the person. It has been said that when we find our passion, we find our purpose. However, history has shown that the most purposeful and remembered lives are those who served Humanity—those who lit the path with glowing lights to show others the way. Their spirits are in this book.

The people who have found their purpose in life share some traits: they went through periods of trial and error before finally deciding what they were good at; they had failed before they succeeded; they enjoy what they do; they feel no need to defend what they do; they view what they do as a passion, not as work or a career; they feel what they do makes a difference in the lives of others; and they give back to their community.

If each and every day of our life, we do something productive that fills our waking hours, that is purpose enough. It will leave the world a better place than we found it.

As Ralph Waldo Emerson wrote, “The purpose of life is not to find yourself, but to *create* yourself.”

The meaning and purpose of life are covered more in depth in Precept 7: Purpose.

### 3. Why Do Bad Things Happen To Us?

Bad things happen to us for the same reason good things happen to us: the choices we make. The choices we make in life are cumulative and eventually end in consequence. When we made bad decisions, we were either ignorant of the repercussion or had a subconscious desire for the outcome. Summarily, good or bad things happen according to karma—the law of cause and effect. What goes around, comes around.

Of course there are exceptions to this karmic balance; two notable exceptions are natural disasters and children. When children, vulnerable and impressionable, are inflicted with suffering or evil, it is because they are dependent on their parents or caretakers, thus the child's karma is inherited. Or in reverse, parents are punished through the suffering of their children. Just like children who benefit from their parents's skillful deeds, so do children suffer from their parents's unskillful deeds. Our deeds affect us and those we care about. Only when children become emotionally independent and self-sufficient are they responsible for their own karma.

We reap what we sow.

## 4. Is There A God?

No.

At least not the ones that have been fabricated by humans. Gods have come and gone throughout history, just like the fideist civilizations that worshipped them.

Fideism: The doctrine that religion is the basis of all knowledge; that faith is independent of reason.

Religion has nothing to do with morality and science. We can have morality without religion; we can attain spirituality without priests, rabbis, or imams. We can explain and even predict natural phenomena without the aid of an intelligent designer. We understand how the world works without religious textbooks. We have discovered our origin without faith. We can accurately describe how the cosmos works without a god in it.

If a person does not know right from wrong, then they lack morality. They do not lack religion.

If a person does not understand how the world works, then they lack self-education. They do not lack religion. They have not been enlightened.

If we study history, we know that the Sumerians, Egyptians, Greeks, Romans, East Indians, Mayans, and every small and large civilization in-between believed in gods at one time or another. They did this for hundreds and even thousands of years. However, gods were created by our ancestors in an attempt to answer existential questions and explain natural phenomena.

- What caused lightening and thunder? God was angry.
- Was a comet a good omen or bad omen? Ask the fortune teller.
- What did a earthquake foretell? The end of the world.
- Why did it rain? Some god in the sky was sad and crying.
- Why did the seasons change? The harvest goddess's daughter was kidnapped and the daughter had to spend six months in hell, this made the goddess sad and

gloomy, therefore winter; when her daughter was returned for six months, the goddess was in a sunny disposition, therefore summer.

- What did the planets, stars, and other celestial bodies represent? Gods and goddesses.

Religion begins where knowledge ends.

Now, let's scrutinize religion from a modern perspective.

- Did Moses really talk to a burning bush on a mountaintop that was supposedly god?
- Did Noah really save civilization and all the animals on his big boat (arc)?
- Was Jesus really the child of a virgin mother; and he walked on water, and arose from the dead?
- Did Muhammad really receive the will of god through an angel?

Unfortunately, there are billions of people who still believe religious nonsense. They have fought, still do fight, and will fight each other to the death for their outdated religious beliefs. Witness the Christian Crusade, the Muslim Jihad, and the Jewish Protocols of the Elders of Zion (if it's to be believed as authentic). Three religions with supposedly one god, and in practice they can't even agree on the basic principles of that one god, hence the perpetual conflicts. The god question is, "Whose god?"

We are the most advanced civilization that Earth has ever harbored. Despite this fact, there are hundreds of millions of people who lack the fundamental principles of basic science, thus the popularity of religion. In a 2014 survey by the U.S. National Science Foundation, 26% of Americans thought the Sun revolved around the Earth; similarly, 34% of Europeans thought the same thing. In addition, 52% of Americans were unaware that humans evolved from earlier species of animals. The fact that the Earth revolves around the Sun was settled by Nicolaus Copernicus in the 16th century, but was suppressed by the Catholic Church. Similarly, the theory of evolution by Charles Darwin is being perverted and suppressed to this very day by devout Christians, Jews, and Muslims. Now, if the U.S. and Europe are considered First World, how much hope of enlightenment is there in Developing and Third World countries that are steeped in religion?

# A Brief History of Religion

A religion becomes dominant when it is adopted by the elite and ruler. It's a top-down adoption and expansion pattern, and those who blindly follow are considered "sheep" by the enlightened. This herd mentality, blind faith, follow-the-leader, peer pressure, mob rule, or by any other name is true of the Christian, Jewish, and Muslim faiths.

First, examine Christianity, which was an illegal and persecuted cult for centuries throughout the Roman Empire. However, this cult became fashionable when Roman Emperor Constantine I adopted it as his official religion and instituted it in the First Council of Nicaea in 325 AD. From there, Christianity "borrowed" most ideas for Jesus Christ's divinity from the Pagans and Egyptians: birth from a virgin mother, rise after three days of death, Christmas for Winter Solstice, the son of god, the bringer of light, and so on. The Christian faith is a mashup of other faiths. Not surprisingly, there are now scholars who doubt if Jesus Christ had existed at all. If these scholars are right, then Jesus Christ was a fictional character. If Jesus did exist, he might have been a spiritual teacher or philosopher who was lionized and exaggerated by the Creed of Nicaea and subsequent ecumenical councils of Nicaea.

We know from history that Jesus Christ's godly features were fabricated to make him more appealing to the commoners. In truth, Jesus Christ was a product manufactured by the apostles of Nicaea, the predecessors to the priests of the Roman Catholic Church. As we note from history, Jesus was not considered divine until three hundred years after his supposed birth, when it was convenient for the ruling authority. Since the First Council of Nicaea in 325 AD, and largely thanks to the largesse of Emperor Constantine I, Christianity had spread with the Roman Empire. However, the Roman Empire has long since collapsed, but the Holy Roman Empire is alive and well in the Roman Catholic Church—the Pope has replaced the Emperor. The largest landowner in the world today is the Roman Catholic Church (the Vatican). There is much more to Christianity than religion.

Second, examine Judaism. It is believed that most Jews today are not descendants of the original Semites of the Middle East, but they are converts of European and Turkic heritage (Khazarian Empire theory, 618 - 1048 AD). Nowadays, to label someone a Jew is ambiguous. The Jews could be identified as a race who shared a common ancestry in Judea (Palestine), as the Romans called it. Or the Jews could be identified as a religious group who have adopted Judaism. Since 250 AD, the Jews have been ex-

elled about 109 times from territories and nations in which they had inhabited—the two most prominent are the Spanish Inquisition (1492) and the World War II Holocaust (1939 - 1944). The Jews have also been victims of numerous edicts and pogroms. Whether they were considered subversive, as scapegoats, or just generally disliked for their belief that they were the Chosen People of God, the Jews as a group have suffered much throughout history. As religious hogwash goes, if god loved the Jews so much that he made them the Chosen People, he would have made more of them, like the 1.1 billion East Indians or the 1.3 billion Chinese. And god certainly would not have created the Israelites to be dependent on the generosity of American taxpayers.

Third, examine Islam, which is the youngest of the three major religions today. Islam came about when Muhammad (Abū al-Qāsim Muḥammad ibn ‘Abd Allāh ibn ‘Abd al-Muṭṭalib ibn Hāshim, 570 - 632 AD) had a series of “divine” revelations. He claimed that the angel Gabriel had revealed to him the words of god. These revelations were recorded in what is now the Muslim holy book, the Quran. When the sheiks and kings of many Arabian tribes adopted Muhammad’s teachings, their followers became Muslim adherents. The word “Muslim” means he who submits to god, or the will of god. In whole, the Muslim faith is based entirely on the account of one man, a businessman no less, who claimed an angel had spoken to him, and that this angel had revealed to him the will of god. If anyone made that claim today they would be locked up in an psychiatric ward and the key thrown away.

Destructive Muslim concepts such as infidels, Sharia Laws, fatwa, and jihad are familiar to non-Muslims. The Quran appears to be a book of fiction written by a man similar to the one who founded Scientology, Ron L. Hubbard. Humanity could face another Dark Age if Islam is spread unchecked. Islam is a backward religion, nothing in it agrees with reason, science, and especially basic human rights.

The three major religions have their root in the Middle East. Today, the region of the Earth that is constantly at war is the Middle East—people with the same ancestry killing each other because they belong to different sects or branches of the same religion. That is Karma on display. If left unrestrained, these religious numbskulls will continue to kill each other to establish nations governed by religious laws (read: theocratic societies, outdated, backward, irrational, oppressive, tyrannical).

Religion was, and is still, used to control people, not enlighten them; religion is the dumbing down of Humanity's potential, because religion is arbitrary and subjective. It is science that enlightens and reason that establishes the principles of morality.

If we are to seriously enquire about god, we need to ask questions that we have no answers to.

- Who created god?
- Does god exist in the form of mass, energy, or both?
- Why has the voice or image of god never been heard or seen by a group of people? It's always unverifiable stories from a lone nut in the wilderness.

We've mapped the Earth, the solar system, part of the Milky Way galaxy, and have begun creating a 3-dimensional map of the Universe—where does god reside? If the answers is “everywhere”, that is Nature. Nature exists everywhere.

Religious fanatics like to challenge the agnostic or atheist with, “If you don't believe in god, then what do you believe in?”

A good place to start would be to believe in universal knowledge, collective wisdom, and spirituality. Humanity. Nature. Science.

**If you need to believe in someone, believe in yourself.**

## 5. Are We Alone In The Universe?

Most unlikely. There are an estimated 100-400 billion stars in a galaxy and 100 billion galaxies in the Universe, and these estimates keep increasing as new discoveries are made. Mathematically, according to the theory of chaos and the Frank Drake equation, there are millions of lifeforms in the Universe and probably thousands with our intellectual capacity, and some even exceeding our intellectual capacity. The primordial soup of elements that kickstarted life on Earth is a mathematical reality in millions of other solar systems in the cosmos.

**Abiogenesis:** The original evolution of life or living organisms from inorganic or inanimate substances.

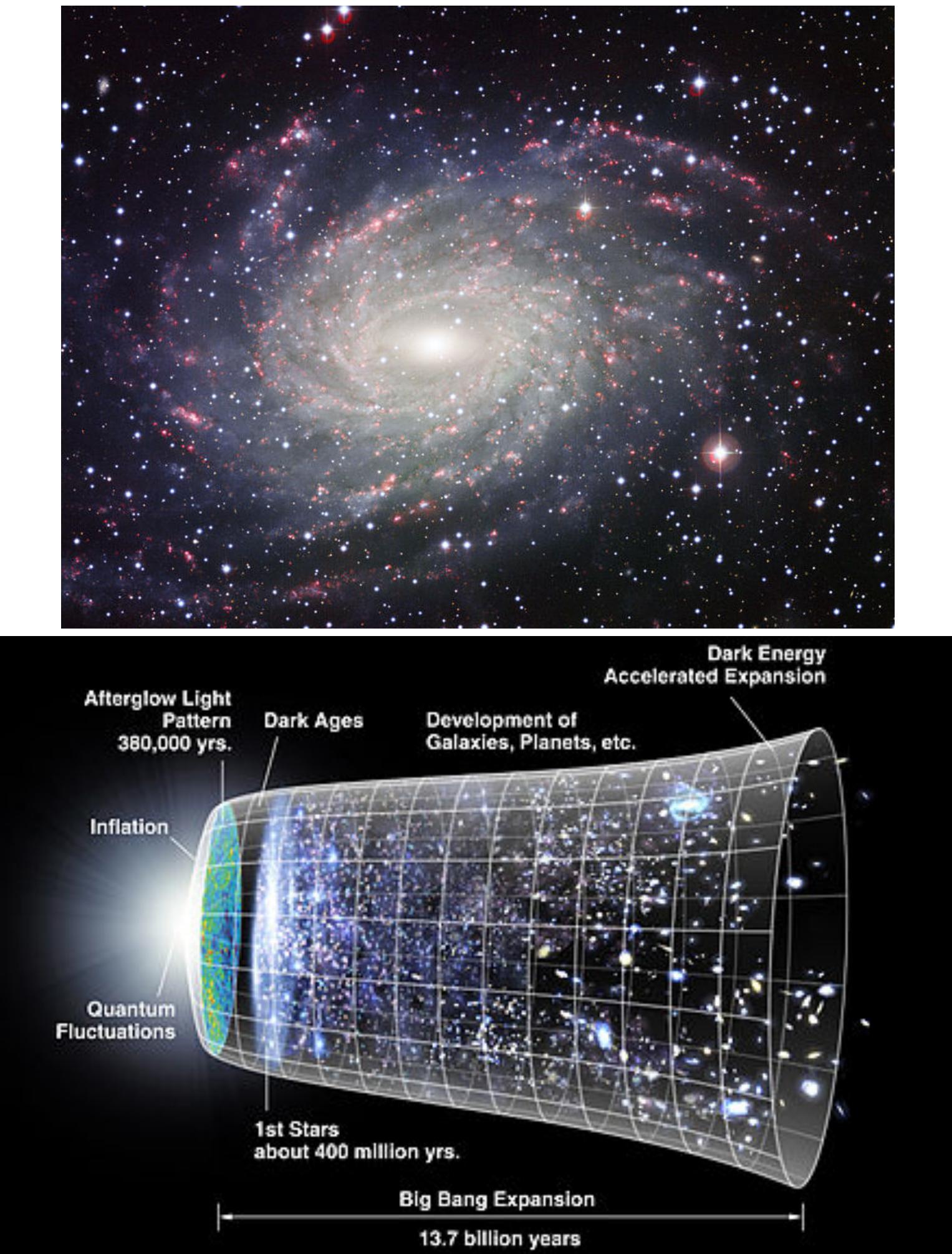
The process of abiogenesis that occurred on Earth, based on mathematical probabilities alone, is repeatable on other planets: atoms forged into light elements, light elements fused into heavier elements in the Sun, then a primordial soup of elements that meshed into inorganic molecules, then electrified and energized to form organic molecules, then prokaryote cells (cells with no nucleus), then eukaryote cells (cells with a nucleus capable of passing on genetic information), to multicellular organisms, to microbes and bacteria, then various species of amphibians, birds, arthropods, reptiles, and mammals. We are the product of Nature's experiment and patience, and Her laws permeate the cosmos. As Michael Faraday put it, "Nothing is too wonderful to be true, if it be consistent with the laws of nature."

Furthermore, according to String Theory, our Universe may only be one of many universes in a multiverse.

Our Universe is roughly 13.7 billion years old. The Earth is approximately 4.55 billion years old and not 6,000 - 10,000 according to Christian (Bible), Jewish (Torah), and Muslim (Quran) textbooks. Christianity, Judaism, and Islam are Abrahamic religions—they share the same root and believe that life originated in a corner of the Middle East 6,000 - 10,000 years ago through Creationism. Furthermore, peace is supposed to be a central tenet of these religions but they have been locked in perpetual conflict with no end in sight.

Our spiral Milky Way Galaxy (top) and Universe (bottom).

We are infinitesimally small in the cosmos. We do not need religion to divide us even smaller.



## 6. What Happens To Us After We Die?

There is an afterlife. We know this from observation. However, there is no evidence supporting the notion of heaven and hell as places of reward and damnation in the afterlife. Our afterlife resides in the memories of those we leave behind. Think of all the great people throughout history who are still with us in spirit because they touched our lives—their souls are their Afterlife. Whether our soul becomes famous or infamous, praised or condemned, admired or damned in the afterlife depends on whether we performed good or evil while we lived.

The good that we do will be remembered after we die—the greater the deeds, the longer the afterlife. Our essence lives on through loved ones and service to Humanity.

Throughout this book, we've met the afterlives of many great people who have enlightened us and shown us the path.

The cycle of life as designed by Nature is: birth and death, birth and death, ad infinitum...When something dies, its energy gives birth to another entity in the cosmos.

# Life With Nature In The Cosmos

In summary, the 6 Big Questions of life are:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

If the first question can be answered with empirical evidence and by the process of elimination, then the answer to, “Is there a god?”, should be self-evident.

## The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

# DEDICATION

This book is dedicated to all the brave women and men throughout history who fought against oppression, injustice, and tyranny. They stood up against oppression, injustice, and tyranny by the sword and of the mind. It is because of their courageous souls that many of us are able to enjoy the liberties and amenities of modern life. They are forever with us in spirit because they advanced knowledge and protected innate human rights for every person. They did what was beneficial for Humanity and were awarded with an everlasting Afterlife—their voices echo in this book.

We must have the courage and resolve to carry on their work. In doing so, we can only hope that our light will shine a fraction as bright as theirs in our Afterlife.

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